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The Christ Hospital COOK BOOK

Revised and Enlarged

A Collection
of
Tried and Approved Recipes

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HOW TO MEASURE

Correct measurements are absolutely necessary to insure the best results. Measuring cups which are divided into quarters and thirds, holding $\frac{1}{2}$ pint, are indispensable, also tea and table-spoons and a case knife.

Flour, meal, powdered and confectioner's sugar should be sifted before measuring.

A cupful is measured level.

To measure a cupful, put in the ingredients by spoonfuls, rounded slightly and level with a case knife.

To measure a tea or tablespoonful, dip the spoon in the ingredient, fill, lift, then with the straight edge of the knife resting on both edges of the spoon, push off all the extra material, leaving the material exactly level with the edges of the spoon. To measure $\frac{1}{2}$, divide with a knife lengthwise of spoon. Divide halves crosswise for quarters.

Measuring Liquids:

A cup of liquid is all the cup will hold. A tea or tablespoon is all the spoon will hold.

Measuring Butter, Lard, etc.:

To measure butter, lard, or other solid fats, pack solidly into the cup or spoon and level with a knife.

When dry ingredients, fats, and liquids are called for in the same recipe, measure in the order given, thus prevent using more than one cup.

Soups.

SOUPS.

Soup making is not as difficult a task as it first appears. A stock pot is indispensable. When the meat comes from the market, all bones which are removed before meat is cooked should be put into the pot together with any left over pieces of meat, cold water added, and be allowed to cook for 6 or 7 hours. Vegetables, spices, and salt should be added the last hour of cooking. In small families where the quantity of meat is less, it will be necessary to buy meat especially for soup. When this is done the meat is cut from the fore or hind shin—because of the marrow-bones they contain.

To clarify soup stock:

1 qt. stock. 1 egg, white and shell.
 ½ cup cold water.

Remove all fat. Beat egg white slightly. Add this and crushed shell to the jelly. Heat slowly to the boiling point, stirring constantly. Boil 3 min., simmer 10 min., or until the soup clears, without stirring. Let settle, adding cold water. Strain through damp cheese cloth.

Season, reheat, serve at once.

BOUILLON.

Ingredients:

- 5 lbs. of lean beef from middle of round.
- 2 lbs. marrow bone.
- 3 qts. cold water.
- 1 teaspoon pepper corns.
- 1 tablespoon salt.
- $\frac{1}{3}$ cup each: carrot, turnip, onion, celery.

Method:

Wipe and cut meat in inch cubes. Put $\frac{2}{3}$ of meat in soup kettle and soak in water 30 min. Brown the remainder in hot frying pan with marrow from marrow bone. Put browned meat and bone in kettle. Heat to boiling point; skim thoroughly and simmer for five or six hours. Add seasonings and vegetables. Cook one hour, strain and cool. Remove fat, and clear if desired.

Serve in bouillon cups.

CHICKEN SOUP.

The water in which a fowl is cooked makes a white stock. To 6 cups of this stock add 6 slices carrots, one stock celery, $\frac{1}{4}$ teaspoon pepper corns, 1 sliced onion, $\frac{1}{3}$ cup hot boiled rice. Boil 30 min. Strain, and add cooked rice.

TURKEY SOUP.

Break turkey carcass in pieces, removing all stuffing. Put in a kettle with any bits of meat that may have been left over. Cover with cold water, bring slowly to the boiling point; simmer 2 hours. Strain, remove fat, and season with salt and pepper. One or two stalks of celery may be cooked with carcass to give additional flavor.

CREAM OF POTATO SOUP.

Ingredients:

- 3 medium sized potatoes, or
- 2 cups of mashed potatoes.
- 2 cups milk.
- $\frac{1}{2}$ cup cream, or
- 3 tablespoons butter.
- 1 teaspoon salt.
- $\frac{1}{2}$ teaspoon onion juice.
- pepper.
- 2 egg yolks (?).

Method:

Wash thoroughly and pare potatoes. Cook potatoes in boiling water until they almost fall to pieces. Drain and mash or put through a potato ricer. Add seasoning. Add the liquid gradually, stirring constantly. Let cook in a double boiler 20 min. Add the well-beaten egg yolks before cooking. Serve very hot, with croutons or crackers.

CREAM OF ASPARAGUS SOUP.

Ingredients:

- 3 cups canned asparagus.
- 2 slices onion, with a clove in each.
- 6 slices carrot.
- $\frac{1}{2}$ teaspoon spiced herbs.
- $\frac{1}{2}$ cup boiling water.
- 1 qt. chicken broth.

Method:

Put asparagus, onion, carrots, herbs, and water into a sauce pan and cook slowly until the water is evaporated. Press the asparagus through a sieve, add the chicken broth, and salt as needed.

Make a white sauce with:

- | | |
|---------------------------|------------------------------|
| $\frac{1}{4}$ cup flour. | $\frac{1}{2}$ teaspoon salt. |
| $\frac{1}{4}$ cup butter. | 2 cups milk. |

When ready to serve, stir the asparagus mixture into the white sauce. Serve very hot, with croutons.

CREAM OF CORN SOUP.

Ingredients:

- 1 pt. grated green corn, or 1 can corn.
- 1 qt. milk or stock.
- 1 pt. cold water.
- 1 $\frac{1}{2}$ cup medium white sauce.
- 1 slice onion.
- salt and pepper to taste.

Method:

Cook the corn in the water 30 min., stirring

frequently. Press through a colander. To the liquid add the cream sauce, stock or milk. Season to taste. Serve with croutons.

CREAM OF TOMATO SOUP.

Ingredients:

1 can tomatoes.	$\frac{1}{4}$ cup flour.
$\frac{1}{4}$ teaspoon soda.	$3\frac{1}{4}$ teaspoons salt.
$\frac{1}{4}$ cup butter.	$\frac{1}{4}$ teaspoon pepper.
1 qt. milk.	
onion, celery, clove, or bay leaf.	

Method:

Stew the tomato with the desired flavoring $\frac{1}{2}$ hour. Strain and add soda while hot. Make a white sauce of the other ingredients. Add the tomato juice, and serve hot.

CREAM OF CELERY SOUP.

Ingredients:

celery.	milk.
seasoning.	parsley.
flour.	

Method:

Wash and clean the celery. Cut in $\frac{1}{4}$ inch pieces (use leaves as well as stalk). Boil in water enough to cover 30 min. To the water add an equal quantity of milk. Season to taste. Add flour to thicken, making it one-half as thick as a thin white sauce. Serve with croutons.

CREOLE SOUP.

Ingredients:

- 1 qt. brown stock.
- 1 pt. tomatoes.
- 3 tablespoons chopped green peppers.
- 2 tablespoons chopped onion.
- $\frac{1}{4}$ cup butter.
- $\frac{1}{3}$ cup flour.
- salt.
- pepper.
- cayenne.
- 1 teaspoon vinegar.
- 2 tablespoons grated horse radish.
- $\frac{1}{4}$ cup macaroni rings previously cooked in salted boiling water.

Method:

Cook pepper and onion in butter five min. Add flour, stock, and tomatoes, and simmer 15 min. Strain and rub through a sieve and season highly with salt, pepper, and cayenne.

Just before serving add horse radish, vinegar, and macaroni rings.

CREAM OF PEA SOUP.

Ingredients:

- 2 cans peas. salt and pepper.
- 1 qt. milk. 1 slice onion.
- 3 tablespoons butter.

Method:

Rub peas through a colander. Add the other ingredients. Serve hot, with croutons.

CREAM OF BEAN SOUP.

Ingredients:

1 qt. beans.	4 tablespoons butter.
1 qt. milk.	onion, if desired.
salt and pepper.	

Method:

Look over, wash, and soak beans over night. Cook until soft. Rub through a colander, add the other ingredients, season to taste. Serve hot with croutons.

FISH CHOWDER.

Ingredients:

- 4 lbs. cod or haddock.
- 4 cups potatoes cut in $\frac{3}{4}$ inch cubes.
- 1 sliced onion.
- 1 $\frac{1}{2}$ inch cube salt pork.
- 1 tablespoon salt.
- $\frac{1}{8}$ teaspoon pepper.
- 3 tablespoons butter.
- 4 cups scalded milk.

Method:

Order fish skinned, but head and tail left on. Cut off head and tail and remove fish from backbone. Cut fish in 2-inch pieces and set aside. Put head, tail, and backbone, broken in pieces, in stew pan. Add 2 cups cold water and bring slowly to boiling point; cook 20 min. Cut salt pork in small pieces, and fry out; add onion, and fry 5 min. Strain fat into stew pan. Parboil

potatoes 5 min. in boiling water to cover. Drain, and add potatoes to fat; then add 2 cups boiling water, and cook 5 min. Add liquor drained from bones, then add the fish; cover and simmer 10 min. Add milk, salt, pepper, and butter. Serve very hot.

Eggs.

EGGS.

Eggs should always be washed before breaking.

EGG NEST.

Materials:

1 egg.	$\frac{1}{4}$ teaspoon butter.
$\frac{1}{8}$ teaspoon salt.	1 piece buttered toast.

Method:

Separate white and yolk. Add salt to the white and beat until stiff. Pile this roughly on a piece of buttered toast. Make a depression in the center. Add butter, and put the yolk of the egg into this. Put into a moderate oven until the white is lightly brown.

STEAMED EGG.

Butter a baking dish. Sprinkle with bread crumbs. Break into it an egg. Place in a steamer and steam until the white is of a jelly-like consistency.

CREAMED EGG.

Ingredients:

1 egg.	1 teaspoon butter.
$\frac{1}{4}$ cup milk.	$\frac{1}{4}$ teaspoon salt.

Method:

Beat the egg slightly in the top of a double

boiler. Add the other ingredients and cook over boiling water until it thickens, stirring constantly. Remove from the water immediately and beat well. Pour over buttered toast or a portion of cooked rice.

EGG POACHED IN MILK.

Materials:

1 egg.	1 teaspoon butter.
$\frac{1}{2}$ cup milk.	$\frac{1}{4}$ teaspoon salt.

Method:

Heat milk, butter, and salt in a double boiler. Break egg into a shallow dish or cup. Slide it into the hot milk. Cook until the white is opaque. Remove egg to slice of buttered toast. Pour over it the hot milk.

SHIRRED EGG.

Materials:

2 tablespoons soft bread crumbs.
 $\frac{1}{2}$ tablespoon melted butter.
1 egg.
few grains salt.

Method:

Mix bread crumbs and butter, stirring lightly with a fork. Cover bottom of baking dish with crumbs. Break egg. Slip it on to the crumbs.

Sprinkle with salt. Cover with crumbs and bake in a moderate oven until the white is set.

FRENCH OMELET.

Ingredients:

1 egg.	1 tablespoon water.
$\frac{1}{2}$ teaspoon butter.	salt and pepper.

Method:

Beat egg slightly with a fork. Add water, salt, and pepper. Melt butter in a frying pan, and pour in the mixture. Shake the pan gently above the flame, and as the egg thickens lift it with a fork to let the uncooked mixture come in contact with the pan. When creamy all through, roll toward left side of pan and turn on a hot plate.

PUFFY OMELET.

Ingredients:

1 egg.	$\frac{1}{2}$ teaspoon butter.
1 tablespoon cold water.	salt and pepper.

Method:

Get all the utensils ready first, even to the plate on which the omelet is to be served. Beat the yolk vigorously; add salt, pepper, and water. Fold in the stiffly beaten whites, to which salt has been added. Melt butter in a hot omelet pan, turn in the mixture, and shake gently just above the flame until the omelet is slightly browned underneath. Set in the oven to cook the top.

Fold and turn on a hot plate.

ORANGE OMELET.

Materials:

- 1 egg.
- $\frac{1}{8}$ teaspoon salt.
- $\frac{1}{2}$ teaspoon butter.
- 1 tablespoon powdered sugar.
- 1 tablespoon orange juice.
- $\frac{1}{2}$ teaspoon lemon juice.

Method:

Prepare same as puffy omelet.
Arrange sections of orange around it.

EGG VERMICELLI.

Ingredients:

- | | |
|------------------------------|--------------------|
| $\frac{1}{2}$ cup milk. | 1 hard cooked egg. |
| 1 tablespoon butter. | 2 slices bread. |
| 1 tablespoon flour. | 6 toast points. |
| $\frac{1}{4}$ teaspoon salt. | parsley. |

Method:

Make a sauce of first four ingredients. Finely chop the white of the egg and reheat in sauce. Cut each slice in rings with a cake cutter and toast until delicately browned. Arrange on a serving dish. Pour over it the sauce. Cover sauce with the yolk of egg forced through a strainer, and garnish with toast points and parsley.

SOFT COOKED EGG.

1 egg.

1 pt. boiling water.

Have the water boiling, drop in the egg, and remove from fire at once. Let stand where it will keep hot, but not boil, for 6 min. if egg is small, or 8 min. if egg is large.

HARD COOKED EGG.

Put an egg into a sauce pan of boiling water sufficient to cover the egg. Remove from fire and let stand for 45 min. where it will keep hot but not boil.

CEREALS.

Table for Cooking Cereals.

KIND.	QUANTITY.	WATER.	TIME.
Cream of Wheat	1 cup.	6 cups.	1-3 hrs.
Ralston's			
Wheat Germ			
Farina	1 cup.	4 cups.	2 hrs.
Hominy			
Rolled Oats	1 cup.	4 cups.	2-6 hrs.
Oatmeal			
Pettijohns			

Look cereal over carefully. Cook in a double boiler. Stir cereal slowly into the required amount of salted boiling water. Cook over fire until almost thick enough to serve, stirring constantly. Cook the required time, without stirring, in the double boiler.

Any cereal may be poured into a dish and be used for frying.

ROLLED OATS.

Quantity:

1 cup cereal. 2 teaspoons salt.
4 cups water.

Method:

Look cereal over carefully. Stir very slowly into the required amount of salted boiling water and cook over the direct heat until nearly thick enough to serve. Set in boiling water and continue the cooking 3 hrs., or longer if possible. Cereals are even better if they can be cooked all night.

CREAM OF WHEAT.

Quantity:

1 cup cereal.
6 cups water.
2 teaspoons salt.
 $\frac{1}{2}$ lb. dates stoned and cut in pieces.

Method:

Same as above. Stir in dates just before serving.

STEAMED RICE.

Ingredients:

1 cup rice. 4 cups water or milk.
2 teaspoons salt.

Method:

Use the double boiler. Follow directions for cooking cereals. Cook from 2-3 hours.

BOILED RICE.

Ingredients:

1 cup rice. 8-12 cups boiling water.
2 teaspoons salt.

Method:

Look the rice over and wash thoroughly. Put slowly into the rapidly boiling salted water. Boil until the kernels are soft. Drain off the water and dry in the oven or over the fire slightly.

BOILED MACARONI.

Ingredients:

$\frac{3}{4}$ cups macaroni broken in inch pieces.
2 qts. boiling water.
1 tablespoon salt. $\frac{1}{2}$ cup cream.

Method:

Cook macaroni in boiling salted water 20 min. or until soft. Drain in strainer, pour over it cold water to prevent pieces from adhering. Add cream; reheat, and season with salt.

BAKED MACARONI.

Put macaroni with white sauce into buttered baking dish, cover with buttered crumbs, and bake until crumbs are brown. Cheese may be added to this.

SPAGHETTI.

Spaghetti may be cooked in any way in which macaroni is cooked, but is usually served with tomato sauce.

Cook spaghetti in long strips. Hold quantity to be cooked with hand, and dip ends in boiling salted water. As spaghetti softens it will bend and may be coiled under water.

Meats. Fish. Shellfish.

MEATS. FISH. SHELLFISH.

SOFT SHELLED CRABS.

Clean crabs and drain on a towel. Dredge with salt, pepper, and flour. Dip in egg, then in crumbs, and fry in deep fat.

FROG LEGS.

Clean thoroughly. Sprinkle with salt; roll in crumbs, then in egg, and crumbs again. Fry in deep fat. Drain on paper.

DEVEILED CRABS.

Ingredients:

- 1½ tablespoon butter.
- 1½ tablespoon flour.
- 1 cup thin cream.
- 2 drops tabasco.
- 3-4 mushrooms.
- 6 crabs.
- ½ teaspoon salt.
- ½ teaspoon mustard.
- 1 tablespoon lemon juice.
- 1 teaspoon parsley.
- ½ teaspoon Worcestershire.
- 2 hard cooked eggs.

Method:

Crabs should be hard shelled and purchased

alive. Plunge them into boiling water. Cook below boiling point 15-20 min. When cooked, plunge into cold water. Remove the claws and all of the legs, using the twisting motion. Remove the apron. Insert the thumb and break the body from the shell. There will be left in the shell the stomach, a white, spongy mass, and some of the liver, slightly green and usually very soft. This may be saved and put with the crab meat. Any red substance is coral; this is saved and put with meat. Open the body by breaking and remove the white meat with the fingers. Remove meat from claws and legs if they are large enough to make it worth while. Scrub the upper shell with a brush and sapolio and dry them out before using them for filling. Make a sauce of butter, flour, salt, mustard, and cream. Then add the other ingredients. Put this mixture into shells, cover with buttered crumbs—2 tablespoons butter to 1 cup crumbs. Put into a hot oven long enough to brown the crumbs.

LOBSTER.

Preparation is almost the same. They must be cooked $\frac{1}{2}$ hour if meat is not to be cooked again. Purchase alive. Remove claws and legs same way as crabs. Remove body from shell by pushing tail forward. Remove the gills and stomach, which may remain in the shells—this is called the lady. Save the liver and coral. The intestine is one straight tube which runs from the stomach through the body. Remove

this. Remove the meat from the shell. Tail is solid meat. If you do not wish the shell for salad, crush it to remove meat.

LOBSTER CUTLETS.

Ingredients:

- 2 cups chopped lobster meat.
- $\frac{1}{2}$ teaspoon salt.
- few grains cayenne.
- few grains nutmeg.
- 1 teaspoon lemon juice.
- 1 egg yolk.
- 1 teaspoon finely chopped parsley.
- 1 cup thick white sauce.

Method:

White sauce: 1 cup milk, $\frac{1}{3}$ cup flour, $\frac{1}{2}$ teaspoon salt, 2 tablespoons butter. Melt butter; add flour and salt. Cook 5 min. Add milk, and cook until it thickens.

To the white sauce add egg yolk. Mix the other ingredients. Shape like lamb chops $\frac{3}{4}$ inch thick. Roll in crumbs, beaten egg, and crumbs again, and fry in deep fat.

LOBSTER NEWBURG.

Ingredients:

- | | |
|------------------------------------|----------------------|
| 2 $\frac{1}{2}$ cups lobster meat. | 1 cup cream. |
| 2 tablespoons butter. | 3 large egg yolks. |
| $\frac{1}{2}$ teaspoon salt. | 1 tablespoon brandy. |
| cayenne. | |

Method:

Melt butter and sauté lobster meat in this

for 2 or 3 min. Beat egg yolks slightly and add the cream. Add this to the lobster which is sautéing, and stir over boiling water until thickened—about the consistency of medium white sauce. Add the brandy. Serve on toast points or crackers.

OYSTER STEW.

Ingredients:

1½ cup milk.	salt and pepper.
1 cup oysters.	1 tablespoon butter.

Method:

Wash the oysters in several waters. Scald the milk. Add oysters and cook 2 min., or until edges curl. Add seasoning; serve hot.

CREAMED OYSTERS.

Ingredients:

1½ cup medium white sauce.
cayenne.
1 pt. oysters.
celery salt.

Method:

Make white sauce, add oysters, reheat, and season.

OYSTERS AND BACON.

Wrap oysters in thickly sliced bacon, fasten with a toothpick. Broil until bacon is crisp.

STEAMED WHITE FISH.

Clean fish thoroughly, being very careful to remove all the scales. Wrap fish in cheese cloth and tie. Steam until the fish separates from the bone. Serve with sauce Tartare.

DIRECTIONS FOR ROASTING.

Trim off the extra fat from the meat. Wipe with a damp cheese cloth. Sprinkle with salt, and pepper and dredge with flour. Place on a rack in the roasting pan and cover the bottom with boiling water. If the meat should be very lean, add extra fat. Put in a very hot oven for 5 min. Then reduce the heat and roast, allowing 15 min. for each pound if large; if small allow 12 min. for each pound. Allow 15 min. extra for heat to penetrate. Baste every 10 min. When roast has been in oven $\frac{1}{2}$ hour, turn. When done, place on a hot platter. Thicken liquid in pan and strain.

If Dutch ovens are used for roasting, basting is not necessary.

BREADED VEAL CUTLETS.

Trim off extra fat, wipe with a damp cheese cloth. Cut in pieces for serving. Sprinkle with salt and pepper. Dip in crumbs, then in beaten egg to which 1 tablespoon water has been added; then in crumbs again. Brown in fat, half butter, half bacon fat. Cover with boiling water and simmer slowly for 1 hour. Thicken liquid with flour, using 1 tablespoon flour to 1 cup liquid. Serve on a hot platter. Garnish with parsley.

HAMBURG STEAK.

Ingredients:

1 lb. round steak.	1 teaspoon salt.
$\frac{1}{8}$ lb. pork.	pepper.
1 egg.	onion juice.

Method:

Put the meat and pork through the coarse meat grinder. Mix the ingredients all together. Shape in small, flat cakes, the same thickness throughout. Broil. Serve with tomato sauce.

BEEF BALLS.

Wipe a small piece of steak cut from top of round and cut in $\frac{1}{4}$ inch strips. Lay strips on a board and scrape separately, using a silver spoon, with the grain of meat first on one side then on the other, to remove soft part of meat, leaving the connective tissue. Form into small balls, handling as lightly as possible. Heat a steel omelet pan, sprinkle with salt, shake constantly while adding balls, and continue shaking until surface of balls is seared. Arrange on buttered toast and garnish with parsley. Beef balls are especially good for children and invalids.

SCRAPED BEEF SANDWICHES. •

Scrape lean beef (round steak), freeing the pulp of meat from the fiber. Spread on thin slices of buttered bread and toast it lightly. Cut bread very thin. Make sandwiches small.

BEEF STEW AND DUMPLINGS.

Ingredients:

3 lbs. beef.	1 onion.
1 turnip.	3 carrots.
water to cover.	1 tablespoon flour to
seasoning.	1 pt. liquid.
6 potatoes.	

Method:

Cut the beef in small pieces. Cover with cold water and bring quickly to the boiling point. Reduce the temperature and simmer for three or four hours. Wash, pare, and cut the vegetables in cubes. Add $\frac{1}{2}$ hour before meat is done. Add seasoning. Make the dumplings like biscuit dough, omitting shortening and using the liquid from the stew. Drop dough by spoonfuls on meat and steam 13 min. without removing cover. Do not let dumplings go down into the liquid. Keep the water boiling. Have sufficient liquid to prevent burning. Remove meat, vegetables, and dumplings. Thicken the liquid and strain it over the stew.

SWEETBREADS.

There are two kinds of sweetbreads, beef and veal. The beef are just as nutritious and only half as expensive. They require longer time for cooking. Veal sweetbreads require only 20 min., while the beef require 40 min. to 1 hour.

Sweetbreads should be soaked in cold water 1 hour. Cook in boiling water to which has been

added $\frac{1}{2}$ tablespoon salt and $\frac{1}{2}$ teaspoon vinegar to every pair of sweetbreads. Drain, plunge into cold water, and remove membrane. Sweetbreads are always parboiled, regardless of the way in which they are to be served.

BROILED SWEETBREADS.

Split sweetbreads lengthwise, sprinkle with salt and pepper. Place on a greased wire broiler and broil over coals or place in a pan and broil under the gas. Spread with soft butter and sprinkle with salt. Garnish with parsley. Serve with a border of peas.

CREAMED SWEETBREADS.

Cut parboiled sweetbreads in $\frac{1}{2}$ inch cubes. To 1 cup cubes add $\frac{1}{2}$ cup medium white sauce. (If this seems a little thick it may be thinned with a little milk.) Serve in Swedish timbales or croustades of bread.

CROUSTADES.

Cut bread in $1\frac{1}{4}$ inch slices. Cut off crust to make it as nearly square as possible. Scoop out center—toast on all sides.

GLAZED SWEETBREADS.

Place parboiled sweetbreads in individual baking dish and sprinkle with salt. Pour 1 tablespoon broth over the sweetbreads and baste three times with broth while baking. Serve with border of peas or with potato border.

MARYLAND CHICKEN.

Clean, dress, and disjoint a broiler. Sprinkle with salt. Dip in crumbs, then in beaten egg, and in crumbs again. Place in a well greased roasting pan and bake in a hot oven for 20 min., basting with 2 tablespoons melted butter.

Older chicken is delicious if prepared in this way, by cooking in a moderate oven for 4 hours in a covered pan. Add 1 qt. water before placing in oven.

CREAMED CHICKEN.

Ingredients:

- 1½ cup cold cooked chicken diced.
- ¼ cup cold cooked veal diced.
- 1 cup medium white sauce.
- seasoning.

Method:

Place chicken and veal in the top of a double boiler, add sauce, and cook for 2 hours slowly. Mushrooms (¼ cup) may be added if desired. If chicken seems too thick, thin with chicken broth.

CHICKEN CROQUETTES.

Ingredients:

- 3½ cups chopped chicken.
- 1 tablespoon parsley.
- onion juice.
- 1 pt. thick white sauce.
- 2 teaspoons lemon juice.
- celery salt.

Method:

Add white sauce to chicken until soft enough to handle. Spread on a plate. Cool. Form into croquettes. Roll in crumbs, then in egg, and in crumbs again. Fry in deep fat; serve with tomato sauce.

JELLIED CHICKEN.

Dress, clean, and cut up a large fowl. Put in a stew pan with 2 slices onion. Cover with boiling water and cook slowly until meat falls from the bones; when half done, add $\frac{1}{2}$ tablespoon salt. Remove chicken: Reduce stock to 1 cup—strain and skin off fat. Add 1 teaspoon granulated gelatine which has been softened in cold water. Decorate bottom of a mold with carrots, hard cooked eggs, and parsley. Pack in meat, which has been freed from skin and bone, in layers, alternating dark and white meat. Pour on stock and place under a heavy weight. Keep in a cold place until firm.

BONED SQUAB IN PAPER CASE.

Singe squab and pick out the pinfeathers. Wipe with a damp cloth. Remove head. Draw tendons from legs. Cut off feet and lower part of legs. With a sharp knife split bird down back bone, entire length of back. Lay bird open and remove organs. Wash thoroughly. Cut out breast bone. Season with salt. Rub with soft butter. Lay bird flat, crossing legs, and fold in

a piece of heavy, well-buttered paper. Put in a broiler and broil over coals until paper is charred, from 8-10 min. Serve on toast. Garnish with lemon.

ROAST SQUAB.

Clean, removing pinfeathers, and draw. Wash thoroughly, dry with cheese cloth inside and out. Stuff, but do not pack it in tightly or it will be soggy. Roast 30 min.

Stuffing:

- 1 qt. bread crumbs.
- 1 teaspoon poultry seasoning.
- cayenne.
- $\frac{1}{4}$ cup butter.
- salt and pepper.

If not moist enough, add a very small quantity of milk. It should be dry enough to fall to pieces.

BRAISED BEEF.

Materials:

- Flank steak or top round $\frac{1}{2}$ inch thick.
- 2 slices of bacon or pork.
- 1 small onion sliced.
- $\frac{1}{2}$ cup carrot cubes.
- 1 cup boiling water.

Method:

- Make a stuffing, using:
- 1 cup soft bread crumbs.
- 2 tablespoons melted butter.
- 2 tablespoons parsley cut fine.

- 2 tablespoons celery cut fine.
- $\frac{1}{2}$ teaspoon salt.
- $\frac{1}{8}$ teaspoon paprika.
- $\frac{1}{2}$ teaspoon onion juice.

Spread over steak, roll, and fasten with skewers. Bake in a moderate oven 5 or 6 hours.

BEEF LOAF.

Ingredients:

- 2 lbs. chopped beef.
- 2 tablespoons butter.
- 1 egg.
- $\frac{1}{2}$ cup bread crumbs.
- 2 teaspoons salt.
- $\frac{1}{2}$ teaspoon pepper.
- sprig of parsley.
- $\frac{1}{2}$ onion grated.
- $\frac{1}{2}$ cup stock.

Method:

Mix all the ingredients. Put into a greased pan: shape into a loaf. Bake about $\frac{3}{4}$ hour, the oven being very hot at first.

LAMB CHOPS.

Remove skin and extra fat from the chop. Wipe with damp cheese cloth. Sear in a very hot pan. Cook very slowly for 5 min., if liked rare; longer if desired.

When nearly done, sprinkle a little salt on each side. Brown the edges of the fat.

BEEF AND VEAL STEW.

Ingredients :

1 lb. beef.	3 carrots.
1 lb. veal.	$\frac{1}{2}$ teaspoon salt.
3 turnips.	water to cover meat.
2 onions.	4 potatoes.

Method :

Cut meat into one-inch pieces. Cover with cold water and bring quickly to the boiling point. Reduce the temperature and simmer until meat is very tender, two or three hours. Add seasoning when meat is somewhat tender. Wash, pare, and cut vegetables into cubes and add to meat $\frac{1}{2}$ hour before it is done. Remove meat and vegetables from the liquid when vegetables are soft, and thicken the liquid, using 1 tablespoon flour to 1 pt. of liquid, mixing flour with an equal quantity of cold water, stirring until smooth : then add enough water to make it pour easily.

MEAT PIE.

Cut meat into inch cubes. Cover with cold water. Add 1 onion finely cut, bring quickly to the boiling point, then simmer until meat is tender. Thicken gravy with flour which has been mixed with an equal volume of cold water, then enough to make it pour freely. Season with salt and pepper. Add three medium-sized potatoes which have been cut in $\frac{1}{4}$ inch cubes and parboiled in salted boiling water. Place in a

baking dish. Cover with baking powder biscuit dough. Bake in a moderate oven until brown, from 20 to 30 min.

BROILED STEAK.

Cut off extra fat and wipe the steak with a damp cloth. Place on a broiler. Broil over the coals 5-7 min., turning very frequently at first, then every 20 seconds. Place on a hot platter. Sprinkle with salt and pepper. Add butter, and serve at once.

MEAT SOUFFLE.

Ingredients:

- 3 tablespoons butter.
- 2 tablespoons flour.
- $\frac{3}{4}$ cup milk.
- 1 teaspoon salt.
- few grains pepper.
- $\frac{3}{4}$ cup cold cooked meat chopped very finely.
- 3 egg yolks.
- 3 egg whites.

Method:

Make a sauce of the first five ingredients. Then add meat and egg yolks, well beaten. Fold in egg whites which have been beaten until stiff and dry.

Turn into a buttered dish and bake in a slow oven until firm, from 30 to 45 min.

MINCE MEAT.

Ingredients:

- 3 lbs. meat boiled and chopped.
- $\frac{1}{2}$ lb. suet, chopped.
- $3\frac{1}{2}$ lbs. brown sugar.
- 1 cup molasses.
- 6 lbs. apples.
- 2 lbs. raisins, seeded.
- 2 lbs. currants, cleaned.
- $\frac{1}{2}$ lb. citron
- 1 lemon.
- $1\frac{1}{2}$ qts. cider.
- $3\frac{1}{2}$ tablespoons salt.

Method:

Mix all the ingredients and cook for 2 hours.

CASSEROLE OF MEAT AND RICE.

Line a slightly buttered mold, or individual molds, with boiled rice. Prepare 2 cups very finely chopped cold cooked meat. Season to taste with salt, pepper, cayenne, onion juice, lemon juice. Moisten with cream sauce or hot stock.

Fill the centers of the molds with this mixture. Cover with rice. Cover molds with buttered paper to keep out the moisture while steaming, and steam 45 minutes. Serve on a platter surrounded with tomato sauce.

Vegetables.

VEGETABLES.

Strong juiced vegetables, such as onions, cabbages, cauliflower, should be washed very thoroughly, skins removed, cut in small pieces. Cook in a large quantity of water, with cover off (to allow steam to carry off some of the volatile substances). Change water when half done.

Sweet juiced vegetables should be prepared in the opposite way.

DUCHESS POTATOES.

Ingredients:

- 2 cups hot riced potatoes.
- 2 tablespoons butter.
- $\frac{1}{2}$ teaspoon salt.
- 3 egg yolks.

Method:

Mix ingredients together and beat thoroughly. Put through a pastry tube. Use as a border for fish or creamed sweetbreads.

GREEN PEPPER FARCI.

Materials:

- 6 green peppers.
- 1 cup chicken } cooked
- veal } and
- lamb } chopped.

$\frac{1}{2}$ cup chopped lamb.
1 teaspoon chopped parsley.
 $\frac{1}{2}$ cup soft bread crumbs.
 $\frac{3}{4}$ cup cream or stock.
1 tablespoon butter.
 $\frac{1}{4}$ teaspoon onion juice.
salt and pepper.

Method:

Remove caps and parboil 5 min. Prepare stuffing and bake $\frac{1}{2}$ hour, basting frequently with 1 cup water to which has been added 1 tablespoon butter.

TOMATO FARCI.

Prepare in the same way as peppers except that they need not be parboiled. A good mixture for tomatoes is raw chopped meat mixed with sausage.

STUFFED BAKED TOMATOES.

Ingredients:

1 smooth tomato.	1 teaspoon butter.
1 tablespoon crumbs.	1 teaspoon sugar.

Method:

Wash tomato and cut a thick slice from stem end. Scoop out $\frac{1}{2}$ the pulp. Mix with it the other ingredients. Fill the cavity with the mixture and bake in a moderate oven until soft.

Place buttered crumbs on top, using $\frac{1}{4}$ as much butter as crumbs.

CORN PUDDING.

Ingredients:

1 can corn.	4 tablespoons sugar.
4 eggs.	1½ pts. milk.
1 teaspoon salt.	

Method:

Beat egg slightly and mix all ingredients together. Butter a deep dish, pour mixture into it, and bake slowly 1½ hours. Serve very hot.

PEA TIMBALES.

Ingredients:

1 cup pea pulp.
2 beaten eggs.
2 tablespoons melted butter.
 $\frac{2}{3}$ teaspoon salt.
few grains pepper.
few grains cayenne.
juice of $\frac{1}{2}$ onion.

Method:

Mix ingredients, turn into buttered molds, and set in a pan of hot water. Cover with buttered paper and bake until firm.

Serve with 1 cup of white sauce, to which is added $\frac{1}{3}$ cup whole peas.

STEAMED SQUASH.

Cut the squash in small pieces. Cut out the center, and wash. Put in a steamer and steam until tender. When done, scoop out the center, season with salt, butter, and cream.

BAKED SQUASH.

Prepare as for steaming; bake in a moderate oven until soft. A little sugar sprinkled on it before baking adds to its richness considerably.

CREAMED TURNIPS.

To Boil:

Wash and cut in $\frac{1}{2}$ inch slices. Pare and cut in cubes. Put into a large quantity of boiling water and cook until tender. Add salt to the water when turnips are half done. Cook with the cover off. When tender drain off the water and pour a medium white sauce over them. $\frac{1}{2}$ cup sauce to 1 cup cubes.

CREAMED ASPARAGUS.

Wash asparagus, cut in 1-inch pieces, discarding all tough portions. Cook in boiling salted water, uncovered, until tender, 15-20 min. Drain and mix with cream sauce.

STEWED CORN.

Ingredients:

corn.	milk.	butter.
salt.	pepper.	sugar.

Method:

Score the kernels of corn with a sharp knife and scrape out the inside. Add milk enough to make it of the consistency of thin batter.

To 1 cup of the mixture add:

1 teaspoon butter.	$\frac{1}{8}$ teaspoon pepper.
$\frac{1}{4}$ teaspoon salt.	1 teaspoon sugar.

Cook 15 or 20 min. in a double boiler.

SPINACH.

Look over and wash spinach thoroughly. Put in a sauce pan without any additional water and cook slowly. When tender put in a colander to drain. Chop with a knife, and season with salt, pepper, and butter. Garnish with hard cooked eggs either sliced or put through a potato ricer, or garnish with cubes of bread browned in butter.

1 qt. serves 4 people.

SPINACH IN CROUSTADES.

Cut stale bread 2 inches thick. Cut off the crusts and scoop out the center, being careful not to break the other side. Brown all sides, either over coals or in oven. Chop spinach till fine. Mix it with cream or butter; season with salt. Pile in the croustade.

SCALLOPED TOMATOES.

Materials:

tomatoes.	crumbs.	butter.
salt.	pepper.	sugar.

Method:

Wash and pare the tomatoes. Slice in $\frac{1}{4}$ inch slices. On the bottom of a buttered baking dish put a layer of crumbs, then a layer of tomatoes. Add seasoning. Continue with alternate layers until the dish is $\frac{3}{4}$ full. Let the last layer be buttered crumbs ($\frac{1}{3}$ as much butter as crumbs). Bake.

FRENCH FRIED POTATOES.

Ingredients:

Select large potatoes, wash and pare. Cut into eighths lengthwise. Fry in deep fat slowly. Drain on brown paper and sprinkle with salt at once. Fat should be smoking around the edges.

BROWNED POTATOES.

Boil nice smooth potatoes and delicately brown in butter. Sprinkle with chopped parsley.

POTATO CROQUETTES.

Ingredients:

1 pt. mashed potato.	$\frac{1}{2}$ teaspoon salt.
1 egg yolk.	$\frac{1}{4}$ teaspoon celery salt.
1 teaspoon butter.	$\frac{1}{8}$ teaspoon pepper.

Method:

Mix the potato and seasoning. Form into a smooth ball and roll in crumbs. Form into cylinders 1 inch in diameter and three inches long. Fry in deep fat. Drain on brown paper. (Dip in crumbs, then egg, then crumbs again before frying.)

ESCALLOPED CAULIFLOWER.

Soak in salted water for $\frac{1}{2}$ hour. Wash and cut in small pieces and cook in a large quantity of water with the cover off. Salt when half done. When tender drain off the water. Pour over

the cauliflower $\frac{1}{2}$ its quantity of medium white sauce. Into a buttered baking dish put alternate layers of crumbs and cauliflower. Put buttered crumbs on top and place in oven to brown.

POTATO APPLES.

Ingredients:

- 2 cups hot riced potatoes.
- 2 tablespoons butter.
- $\frac{1}{3}$ cup grated cheese.
- $\frac{1}{2}$ teaspoon salt.
- few grains cayenne.
- slight grating nutmeg.
- 2 tablespoons thick cream.
- 2 egg yolks.

Method:

Mix the ingredients in the order given and beat thoroughly. Shape in the form of small apples. Roll in flour, eggs, and crumbs, and fry in deep fat. Drain on brown paper. Insert a clove at both stem and blossom end of each apple.

POTATOES EN SURPRIZE.

Ingredients:

- 2 cups hot riced potato.
- 2 tablespoons butter.
- $\frac{1}{2}$ teaspoon salt.
- $\frac{1}{3}$ teaspoon pepper.
- few grains cayenne.
- few drops onion juice.
- 1 egg yolk.
- $\frac{1}{4}$ teaspoon celery salt.

Method:

Mix ingredients in the order given and beat thoroughly. Shape in small nests and fill with creamed chicken, shrimp, or peas. Cover nest with croquette of balls.

STUFFED BAKED SWEET POTATOES.

Wash thoroughly medium sized sweet potatoes. Bake until very soft. Cut a slice from one side of each and scoop out the inside. Put the potatoes through a ricer. To two cups of the riced potatoes add 3 tablespoons butter, $\frac{1}{2}$ teaspoon salt, and hot milk to moisten. Beat until light. Refill the skins and bake from 6-8 min. in a hot oven.

SWEET POTATO BALLS.

To two cups of hot riced sweet potatoes add 3 tablespoons butter, $\frac{1}{2}$ teaspoon salt, few grains pepper, hot milk to moisten, and one beaten egg. Shape in small balls, roll in flour, fry in deep fat and drain.

GLAZED SWEET POTATOES.

Wash and pare 6 medium sized potatoes. Cook 10 min. in boiling salted water. Drain, cut in halves lengthwise, and put in a buttered pan. Make a syrup by boiling 3 min. $\frac{1}{4}$ cup sugar and $\frac{1}{4}$ cup water. Add 1 tablespoon butter. Brush potatoes with syrup and bake 15 min., basting twice with remaining syrup.



BEAN TIMBALES.

Ingredients:

- 1 cup bean pulp.
- 2 beaten eggs.
- 2 tablespoons melted butter.
- 1 teaspoon salt.
- few grains pepper.
- few grains cayenne.
- juice of $\frac{1}{2}$ an onion.

Method:

Mix ingredients, turn into the buttered baking dishes, and set in a pan of hot water. Cover with a buttered paper and bake until firm. Serve with tomato sauce.

POTATO BALLS.

Wash and pare the potatoes. Drop them into water. Scoop out in little balls with a vegetable cutter. Boil gently to keep the shape. Test with a skewer or knife. Serve with white sauce or drawn butter sauce and chopped parsley.

These are nice served with fish.

LATTICED POTATOES.

Wash and pare the potatoes. Cut the potatoes with a potato latticer. Soak in ice water for 1 hour. Drain very carefully and fry in deep fat. This is used as a garnish for fish.

POTATO SOUFFLE.

Ingredients:

- 2 tablespoons flour.
- 2 tablespoons butter.
- $\frac{1}{3}$ cup cream.
- 1 cup cold mashed potatoes.
- 3 egg yolks.
- 3 egg whites.
- $\frac{1}{4}$ teaspoon salt.

Method:

Melt butter, add flour and salt. Cook for 5 min. Pour on gradually the cream. Cook until it thickens, stirring constantly. Add potato and then the egg yolks, which have been beaten until thick and creamy. Fold in stiffly beaten whites. Turn into a buttered baking dish and bake in a slow oven until firm, 30-45 min.



Flour Mixtures.

FLOUR MIXTURES.

ROLLS.—QUICK PROCESS.

Ingredients:

3 cups flour.	4 tablespoons sugar.
1 teaspoon salt.	1 cup milk.
2 teaspoons butter.	1 egg.
$\frac{1}{2}$ yeast cake (compressed).	

Method:

Scald the milk in a double boiler. Add salt, butter, sugar, and stir until well mixed. Cool to lukewarm. Add the yeast cake, which has been broken in pieces and dissolved in a little of the cooled liquid. Beat in $\frac{1}{2}$ the flour. Set to raise in a warm place, leaving it until it is full of bubbles—30-35 minutes. Add the egg, and beat well, then work in the remainder of the flour. Knead on a floured board 8-10 min. Mold into:

Parkerhouse Rolls.

Cloverleaf Rolls.

BREAD.

Ingredients:

3 cups flour.	
1 teaspoon salt.	
1 teaspoon sugar.	
1 teaspoon butter.	
1 cup of milk or boiling water.	
or $\frac{1}{2}$ of each.	$\frac{1}{4}$ yeast cake.

Method:

If milk is used, scald.

Dissolve the sugar and salt and melt the butter in the hot liquid. Cool to lukewarm. Add the yeast cake, broken into pieces and dissolved in a little of the cooled liquid. Beat in $\frac{1}{2}$ the flour. Set to rise in a warm room. When double in bulk add enough more flour to make the bread stiff enough to mold. Knead on a lightly floured board for 10 min. Let rise again 1 hour. Knead. Form into loaves, put in a buttered pan, and let rise until double in bulk. Bake in an oven very hot at first, then moderate, from 45-60 min.

GRAHAM BREAD.

Ingredients:

- 6 cups white flour.
- 3 cups Graham.
- 3 cups whole wheat.
- 4 teaspoons salt.
- 4 teaspoons sugar.
- 4 teaspoons butter.
- 4 cups milk—half water.
- 1 yeast cake.

Method:

Scald the milk.

Dissolve butter, sugar, and salt in hot liquid. When cool add yeast cake, broken in pieces and dissolved in the cool liquid. Beat in the white flour and let rise until double in bulk. Add remainder of flour and knead on a slightly floured

board 10 min. Shape into loaves and let rise until double in bulk. Bake 1 hour and 15 min. in an oven hot at first, then moderate.

GLUTEN BREAD.

Ingredients:

$\frac{1}{2}$ cup scalded milk.	1 tablespoon fat.
$\frac{1}{2}$ cup boiling water.	$\frac{1}{2}$ yeast cake.
1 teaspoon salt.	Gluten flour.

Method:

Process as for plain bread.

CORNBREAD.

Ingredients:

- 1 cup flour.
- 1 cup corn meal.
- 4 teaspoons baking powder.
- 1 teaspoon salt.
- 1 egg.
- 4 tablespoons butter (melted).
- 1 cup milk.
- $\frac{1}{4}$ cup sugar.

Method:

Sift dry ingredients together. Beat egg slightly, add milk and butter. Add dry ingredients to the liquid, beating constantly. Fill buttered muffin pans $\frac{2}{3}$ full, or bake in one large pan. Bake in a moderate oven 25-35 min.

BOSTON BROWN BREAD.

1 cup rye flour.	2 cups sour milk.
1 cup Graham flour.	1 $\frac{3}{4}$ teaspoons soda, or
1 cup corn meal.	1 $\frac{3}{4}$ cups milk.
1 teaspoon salt.	6 teaspoons baking
$\frac{3}{4}$ cup molasses.	powder.

Method:

Mix the liquids, saving $\frac{1}{4}$ cup sour milk. Mix flour and salt and sift into the liquid. Add soda to sour milk reserved and stir quickly into the batter. Pour at once into buttered cups. Cover with well buttered paper and put in the steamer at once. Steam three hours.

NUT BROWN BREAD.

Ingredients:

- $\frac{1}{2}$ tablespoon butter.
- $\frac{1}{2}$ tablespoon lard.
- 2 tablespoons molasses.
- $\frac{1}{2}$ tablespoon salt.
- 1 yeast cake.
- $\frac{1}{2}$ cup water.
- $\frac{1}{2}$ cup milk.
- $\frac{1}{2}$ cup white flour.
- 2 $\frac{3}{8}$ cups whole wheat flour.
- 1 cup chopped walnuts.

Method:

Use same method as for white bread.

Add the nuts after the first rising, before the last of the flour is added.

MACAROONS.

Ingredients :

$\frac{1}{2}$ lb. almond paste.	1 tablespoon flour.
$\frac{1}{2}$ lb. powdered sugar.	4 egg whites.

Method :

Mix paste, sugar, and flour until very smooth. Add the stiffly beaten whites. Drop mixture about the size of a hickory nut on paper and bake in a slow oven until a delicate brown, 25-30 min.

NUT MACAROONS.

Ingredients :

- 1 egg white.
- 1 cup brown sugar.
- 1 cup pecan or English walnut meats.
- $\frac{1}{4}$ teaspoon salt.

Method :

Beat egg white until very stiff. Add gradually the sugar, beating constantly. Fold in the nuts, which have been finely chopped and sprinkled with salt. Drop from tip of spoon, 1 inch apart, on an unbuttered sheet, and bake in a moderate oven until delicately browned.

GRIDDLE CAKES.

Ingredients :

2 cups flour.	2 eggs.
4 teaspoons baking powder.	2 cups milk.
$\frac{1}{2}$ teaspoon salt.	

Method:

Mix milk and beaten egg yolk. Mix and sift in the dry ingredients. Stir well. Fold in the stiffly beaten whites. Bake by spoonfuls on a well greased griddle. When the cakes are full of bubbles on top and brown underneath, turn and brown the other side. Serve at once.

POPOVERS.**Ingredients:**

1 cup flour.

1 egg.

$\frac{1}{2}$ teaspoon salt.

$\frac{3}{4}$ cup milk.

Method:

Mix flour, salt, and milk. Beat the egg only slightly—add it to the flour and milk. Bake in a hot oven in earthenware cups. Let stand in a moderately cool oven for thirty minutes.

WAFFLES.**Ingredients:**

1 cup flour. 2 teaspoons baking powder.

$\frac{1}{4}$ teaspoon salt. 1 egg.

$\frac{3}{4}$ cup milk. 2 tablespoons melted butter.

Method:

Separate the egg. Beat each part. Mix milk, egg yolks, and butter. Mix and sift in the dry ingredients. Mix thoroughly. Fold in the whites just before frying. Fry on a well greased waffle iron.

EMERGENCY BISCUIT.

Ingredients:

- 1 cup flour.
- 2 teaspoons baking powder.
- 1-2 tablespoons butter.
- $\frac{1}{2}$ teaspoon salt.
- about $\frac{1}{3}$ cup milk.

Method:

Mix and sift the dry ingredients. Cut in the butter or use tips of the fingers. Add milk gradually, and mix with as little manipulation as possible. Fill buttered muffin pans $\frac{2}{3}$ full, and bake quickly.

BAKING POWDER BISCUIT.

Ingredients:

- 1 cup flour.
- 2 teaspoons baking powder.
- $\frac{1}{2}$ teaspoon salt.
- 2 tablespoons butter.
- $\frac{1}{3}$ cup milk (?)

Method:

Mix and sift the dry ingredients. Cut in the butter thoroughly. Add the milk, cutting it in with a knife, working as little as possible. Put on a lightly floured board; knead about 1 min. Roll $\frac{3}{4}$ inch thick. Cut with a floured cutter, and bake quickly in a lightly floured pan.

NOODLES.

Ingredients:

- 3 eggs.
- 3 tablespoons milk.
- 2 cups flour.
- 2 teaspoons salt.
- 1½ teaspoons baking powder.

Method:

Put all the ingredients together. Mix very stiff. Add more flour if necessary. Roll out as thin as possible. Let dry ½ hour. Dredge with flour to prevent sticking. Then place one on top of the other and roll up tightly. Begin at one end and shave down fine like slaw.

SWEDISH TIMBALES.

Ingredients:

- 1½ cups flour.
- 1 teaspoon salt.
- 2 teaspoons sugar.
- 1 cup milk.
- 2 eggs.
- 2 tablespoons butter.

Method:

Mix the dry ingredients. Add milk gradually, and the unbeaten eggs and butter melted. Stir just as little as possible to mix thoroughly. Shape, using a timbale iron, and fry in deep fat until crisp and brown.

GRAHAM MUFFINS.

Ingredients:

- 1 cup Graham flour.
- 1 cup white flour.
- $\frac{1}{2}$ teaspoon salt.
- 1 cup milk.
- 4 teaspoons baking powder.
- 3 tablespoons butter.
- 1 tablespoon sugar.
- 1 egg.

Method:

Mix the liquids. Mix and sift in the dry ingredients. Stir vigorously until smooth. Pour into buttered pans and bake quickly, 20-25 min.

MARGUERITES.

Ingredients:

- $\frac{1}{2}$ cup water. 2 egg whites.
- 1 cup sugar. 2 tablespoons cocoanut.
- 5 marshmallows. $\frac{1}{4}$ teaspoon vanilla.
- 1 cup chopped English walnuts.

Method:

Cook sugar and water until it threads. Add marshmallows cut into pieces, and let stand on back of stove until dissolved. Pour gradually over the beaten whites; beat thoroughly. Add the other ingredients and pour on butter thins or saltines, but do not allow the mixture to come quite to the edge. Bake in a moderate oven until a light brown.

GLUTEN BISCUIT.

Ingredients:

- 1 cup Gluten flour.
- $\frac{1}{2}$ teaspoon salt.
- $1\frac{1}{2}$ teaspoons Davis, or
- 2 teaspoons Royal baking powder.
- 2 tablespoons butter.
- water sufficient to mold as for baking powder biscuit.

Method:

Process as for baking powder biscuit.

GLUTEN POPOVERS.

Ingredients:

- 1 cup Gluten flour.
- $\frac{1}{2}$ teaspoon salt.
- 2 teaspoons butter.
- 2 eggs.
- water to make a thin batter.

Method:

Same as for plain popovers.

ROCKS.

Ingredients:

1 cup sugar.	1½ cups flour.
$\frac{2}{3}$ cup butter.	1 lb. dates.
2 eggs.	1 lb. nuts.

Method:

Cream butter, add sugar and cream thoroughly. Add the unbeaten eggs, and when thoroughly mixed, add the dates and nuts. Sift in the flour. Drop on a buttered baking sheet and bake in a moderate oven until firm.

ROCKS—II.

Ingredients:

- 1 cup butter or Crisco.
- 2 cups light brown sugar.
- 3 well-beaten eggs.
- 1 pound seeded raisins.
- 1 pound chopped walnuts.
- 1 teaspoon cinnamon.
- 1 teaspoon grated nutmeg.
- 4 cups flour.
- 1 teaspoon soda dissolved in
- $\frac{1}{4}$ cup boiling water.

Method:

Mix all the ingredients together. Drop by spoonfuls on a buttered pan. Bake in a slow oven.

COOKIES.

Ingredients:

- 1½ cups sugar.
- 1 cup Crisco or butter.
- 4 eggs.
- ½ teaspoon salt.
- juice and grated rind of 1 lemon.
- 1 teaspoon soda dissolved in
- ¾ cup boiling water.
- Flour to mix.

Method:

Cream sugar and butter. Add eggs, salt, juice and grated rind of lemon; soda dissolved in boiling water. Add sufficient flour to make it stiff enough to roll. Roll thin! Cut in any shape desired, and bake in a hot oven. If desired, frost and decorate with red candies.

SUGAR COOKIES.

Ingredients:

- 1 cup butter and lard. 1 egg.
- 1 cup sugar. ½ teaspoon salt.
- 2 cups flour. ¼ cup milk.
- 2 teaspoons baking powder.

Method:

Cream the shortening and sugar. Add the unbeaten egg and beat thoroughly, then add the milk. Mix and sift in the dry ingredients. Work as soft as this is possible; if not, add more flour. Roll ⅛ inch thick, cut with cookie cutters, and bake quickly.

CHOCOLATE COOKIES.

Ingredients:

- $\frac{1}{2}$ cup butter and lard.
- 1 cup brown sugar.
- $\frac{1}{4}$ cup milk.
- $2\frac{1}{3}$ cups flour.
- $\frac{1}{2}$ teaspoon salt.
- 1 egg.
- 2 teaspoons baking powder.
- 2 squares chocolate.

Method:

Cream the shortening and sugar. Add the unbeaten egg and beat thoroughly. Add the melted chocolate, and when thoroughly mixed add the milk. Mix and sift in the dry ingredients. Roll $\frac{1}{8}$ inch thick and cut with cookie cutters. Bake quickly.

CHOCOLATE CHIPS.

Ingredients:

- $\frac{1}{2}$ cup butter.
- 1 cup sugar.
- 2 eggs.
- 2 squares chocolate melted.
- 1 teaspoon vanilla.
- 1 cup flour.
- $\frac{1}{4}$ teaspoon salt.

Method:

Cream the butter. Add sugar gradually while beating. Add unbeaten eggs, and beat thor-

oughly. Stir in the melted chocolate and vanilla. Sift the flour and salt together and add gradually to the first mixture while beating. Spread the dough on buttered tins in a thin sheet of uniform thickness. Bake in a moderate oven until firm—10-12 min. While hot, cut in oblong, $1\frac{1}{2}$ by 3 inches.

SPONGE CAKES.

Ingredients:

1 cup sugar.	4 eggs.
1 tablespoon lemon juice.	1 cup flour.
1 tablespoon water.	$\frac{1}{4}$ teaspoon salt.

Method:

Beat the yolks of eggs until foamy. Add sugar gradually while beating, then the lemon juice and water. Sift flour and salt together. Add gradually to the first mixture while beating. Beat whites until stiff, and fold lightly into the mixture. Bake in paper-lined tins in a moderate oven until firm and a very light brown; from 45-50 min., if large; from 25-30 min., if small.

CREAM WAFERS.

Ingredients:

$\frac{1}{3}$ cup whole wheat flour.	$\frac{1}{2}$ teaspoon salt.
$\frac{1}{3}$ cup Graham flour.	$\frac{1}{4}$ cup cream.
$\frac{1}{3}$ cup corn meal.	1 tablespoon sugar.

Method:

Mix dry ingredients together by stirring.

Add liquid sufficient to hold dry materials together. Press dough together with the hands. Put on a floured board and roll very thin. Cut in oblongs, $1\frac{1}{2}$ by 3 inches. Put in an ungreased baking pan. Prick the surface with the fork or a grater. Bake in a moderate oven until a light brown, 10-12 min.

MAPLE GINGER BREAD.

Ingredients:

- 2 tablespoons butter.
- 1 cup maple syrup.
- $\frac{1}{2}$ cup water.
- 2 cups flour.
- $\frac{1}{2}$ teaspoon salt.
- 3 teaspoons baking powder (Davis), or
- 4 teaspoons Royal.
- $\frac{1}{2}$ teaspoon ginger.

Method:

Cream the butter. Add the syrup. Sift the dry ingredients together. Add them and the water alternately to the first mixture, beating constantly. Pour the batter into greased baking pans or muffin tins and bake in a moderate oven until firm; if in baking pans, 25-30 min.; muffin tins, 20-25 min.

SAND TARTS.

Ingredients:

- $\frac{3}{4}$ -1 cup butter.
- $1\frac{1}{2}$ cups brown sugar.
- $3\frac{1}{2}$ cups flour.
- 2 eggs.
- $\frac{1}{2}$ teaspoon cinnamon.
- 2 teaspoons baking powder.

Method:

Cream the butter; sift and cream in the sugar, add the beaten egg. Mix and sift in the dry ingredients. Roll $\frac{1}{8}$ inch thick, cut with cookie butter, and bake quickly. Mix $\frac{1}{4}$ teaspoon cinnamon and $\frac{1}{4}$ cup coarse granulated sugar and sprinkle evenly over the cookies before baking.

DATE TARTS.

Ingredients:

- 4 egg whites.
- 2 cups powdered sugar.
- $\frac{1}{2}$ lb. dates.
- $\frac{1}{2}$ lb. shelled almonds.
- 1 teaspoon vanilla.

Method:

Shell and blanch the almonds. Remove stones from the dates. Chop almonds and dates together, not very fine. Beat the whites of the eggs stiff, add the sugar gradually and continue the beating. Add the vanilla and chopped mixture. Drop by spoonfuls on a buttered sheet and bake in a slow oven 25-30 min.

PLAIN WHITECAKE.

Ingredients:

3 cups flour.	$\frac{1}{2}$ cup butter.
6 teaspoons baking powder.	1 cup milk.
$1\frac{1}{2}$ cups sugar.	4 egg whites.
	1 teaspoon vanilla.

Method:

Cream butter and sugar. Add flour, as much as can be sifted in and mixed well. Then add a little liquid. Add flour and liquid alternately until all have been used. Add vanilla and very stiffly beaten egg whites. Sift in baking powder; stir as little as possible. Bake in layers in a moderate oven.

ANGEL CAKE.

Ingredients:

$1\frac{1}{4}$ cups granulated sugar.	1 cup flour.
$\frac{1}{2}$ teaspoon cream tartar.	9 eggs.
1 teaspoon vanilla.	

Method:

Sift sugar and flour together ten times. Beat eggs very light. When half beaten, sprinkle in a few grains salt, cream tartar, and vanilla. Fold in flour and sugar. Put in ungreased pans. Bake 40 min. Remove from oven and turn the pan upside down till cake is cool.

DEVIL'S FOOD.

First Part.

Ingredients:

1 cup grated bitter chocolate.	
1 cup brown sugar.	$\frac{1}{2}$ cup sweet milk.

Method :

Place all the ingredients in a saucepan and set on the stove to dissolve, but not boil. Cool while mixing the second part.

Ingredients : Second Part.

1 cup brown sugar.	$\frac{1}{2}$ cup sour milk.
1 cup butter.	$2\frac{1}{2}$ cups flour.
1 teaspoon soda in the flour.	2 eggs.

Method :

Cream butter and sugar. Add egg yolks and beat well. Add sour milk, then the flour and soda, which have been mixed and sifted together. Fold in the stiffly beaten egg whites. Stir the first part into this. Bake in layers. Put together with White Mountain Cream.

ENGLISH FRUIT CAKE.

Ingredients :

1 lb. butter.	2 teaspoons cinnamon.
1 lb. sugar.	2 tablespoons milk.
9 eggs.	3 lbs. currants.
1 lb. flour.	2 lbs. raisins.
2 teaspoons mace.	$\frac{1}{2}$ lb. almonds shredded.
1 teaspoon soda.	1 lb. citron.

Method :

Cream butter ; add sugar gradually and beat thoroughly. Separate eggs. Beat yolks until thick and lemon colored—whites until stiff and dry. Add to the first mixture. Add milk, fruit, nuts, and flour which has been mixed and sifted with mace, cinnamon, and soda.

Line buttered pans with paper, pour in mixture, cover with buttered paper. Steam 3 hours and bake $1\frac{1}{2}$ hours.

CRULLERS.

Ingredients:

2 teaspoons butter.	1 cup flour.
$\frac{1}{4}$ cup sugar.	$\frac{3}{4}$ teaspoon baking powder.
1 egg.	$\frac{1}{4}$ teaspoon salt.
2 tablespoons milk.	cinnamon or nutmeg

Method:

Cream the butter and sugar. Add the egg and milk. Mix and sift in the dry ingredients. Roll $\frac{1}{8}$ inch thick. Fry in deep fat.

MERINGUES.

Ingredients:

4 egg whites.	1 cup granulated sugar.
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Method:

Beat the eggs longer than when stiff enough to stand alone; beat in sugar lightly and quickly with a fork. Take nice clean pasteboard or 4 thicknesses of thick paper, drop the mixture on it with a teaspoon, leaving a space of two inches between them. Shape quickly, making them either round or oblong. Bake in a moderate oven about 20 min. When done a very delicate brown, take from the board, turn bottom side up, and with a knife carefully press in the center of each. When ready to serve, they may be filled with whipped cream and two halves pressed together.

DIRECTIONS FOR FREEZING.

Crush ice. Use rock salt— $\frac{1}{3}$ as much salt as ice. Scald the can and put mixture to be frozen into it. Cover and set in socket at bottom of freezer tub. Put the dasher in the can, then fill the can $\frac{3}{4}$ full. Cover, put on the gear frame, and put in the ice and salt in layers. Salt and ice should come above the mixture in the can. Turn the handle slowly at first. When mixture is frozen, remove the dasher, pack the mixture down, put a stopper in the opening in the cover, and let stand 2-3 hours to ripen.

JUNKET ICE CREAM.

Ingredients:

- 1 qt. rich milk.
- 1 cup cream.
- $\frac{1}{2}$ cup sugar.
- 1 junket tablet.
- $\frac{1}{2}$ tablespoon vanilla.

Method:

Heat the milk, cream, and sugar to 98° F. Stir in the junket tablet, which has been crushed and dissolved in 1 tablespoon cold water. Add the vanilla. When well mixed, let stand undisturbed in a warm room until the mixture jellies. Chill and freeze. Serve plain or with chocolate sauce.

CHOCOLATE ICE CREAM.

Ingredients:

- 1 qt. milk.
- 1 cup cream.
- 1 tablespoon cold water.
- 1 junket tablet.
- $\frac{1}{2}$ cup sugar.
- 1 square chocolate—melted.

Method:

Crush the junket tablet and dissolve in 1 tablespoon cold water. Heat milk, cream, sugar to 98° F. (Let drop fall on back of wrist; if it feels neither warm nor cold, it is ready for the junket.) Add the dissolved junket tablet and stir until thoroughly mixed. Add a little of the junket mixture slowly to the melted chocolate, stirring constantly. Put all together, let stand in a warm room until it jellies—then cool and freeze.

More cream may be used if a richer ice cream is desired.

CARAMEL ICE CREAM.

Ingredients:

- 1 qt. milk.
- 1 cup cream.
- 1 junket tablet.
- 1 cup sugar caramelized.
- 1 tablespoon cold water.

Method:

Crush junket tablet and dissolve in cold water. Heat the milk and cream to 98° F. Add the caramelized sugar. Stir until thoroughly dis-

solved. If the mixture is too warm, cool to the proper temperature. Add the dissolved junket tablet and let stand in a warm room until the mixture jellies. Chill and freeze.

FRUIT ICE CREAM.

Ingredients:

- 1 qt. milk.
- 1 cup cream.
- 1 tablespoon cold water.
- 1 cup sugar.
- $\frac{1}{2}$ teaspoon vanilla.
- 1 junket tablet.
- $\frac{1}{3}$ cup each peaches, bananas rubbed through a sieve.

Method:

Dissolve junket tablet in cold water. Heat milk, cream, sugar to 98° F. Add dissolved junket tablet. Let stand in a warm room until it jellies. Chill and freeze. When partially frozen add fruit pulp. Finish freezing.

MACAROON ICE CREAM.

Ingredients:

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| 1 qt. rich milk. | 1 junket tablet. |
| 1 cup cream. | $\frac{1}{4}$ teaspoon vanilla. |
| $\frac{1}{2}$ cup sugar. | 1 cup macaroons. |

Method:

Proceed as for junket ice cream. Just before freezing add the crushed macaroons.

COFFEE ICE CREAM.

Ingredients :

- 1 cup milk.
- $\frac{3}{4}$ cup sugar.
- 3 tablespoons flour.
- 1 egg.
- $\frac{1}{8}$ teaspoon salt.
- 1 quart cream.
- 1 cup strong coffee.

Method :

Make a custard of the first five ingredients. Cook $\frac{1}{2}$ hour. Cool, strain, add coffee and cream. Freeze at once.

RHUBARB ICE CREAM.

Ingredients :

- 3 pints rhubarb cut into 1 inch pieces.
- 1 pound sugar.
- 1 pint cream.

Method :

Place rhubarb and sugar in a double boiler and steam until soft. Strain, pressing through as much of the pulp as possible. When nearly cold, add cream and freeze immediately.

BANANA CREAM.

Ingredients:

1 qt. rich milk.	$\frac{1}{2}$ teaspoon vanilla.
1 cup cream.	1 pt. banana pulp.
$\frac{1}{2}$ cup sugar.	$\frac{1}{2}$ lemon.
1 junket tablet.	1 orange.

Method:

Make a plain junket cream. When partly frozen beat in 1 pt. banana pulp, to which has been added the juice of $\frac{1}{2}$ lemon and 1 orange. Remove beater and let cream ripen. Cut tiny balls from firm bananas with the French vegetable cutter and roll in lemon juice and powdered sugar. Serve the cream in glasses, garnished with the banana balls.

LEMON ICE.

Ingredients:

$\frac{1}{2}$ cup lemon juice.	4 cups water.
1 cup sugar.	1 egg white.

Method:

Dissolve sugar in cold water. Add lemon juice. Freeze until half done—from 5 to 10 min. Add stiffly beaten egg white and finish freezing.

CURRENT ICE.

Ingredients:

1 quart water.	$\frac{3}{4}$ cup strained currants.
$1\frac{1}{4}$ cups sugar.	1 egg white.
2 tablespoons lemon juice.	

Method:

Crush currants and strain through a colander. Add sugar and lemon juice, then the water. Freeze from 5-10 min. Add stiffly beaten egg white, and finish the freezing.

RASPBERRY ICE.**Ingredients:**

2½ quarts raspberries. 1½ cups sugar.
3 tablespoons lemon juice. 1½ quarts water.

Method:

Sprinkle raspberries with sugar. Mash and add water. Strain through a fine colander. Strain twice through a fine wire strainer to remove all the seeds. Add lemon juice and freeze.

GINGER ICE.**Ingredients:**

4 cups water. ¼ lb. Canton ginger.
1 cup sugar. ½ cup orange juice.
⅓ cup lemon juice.

Method:

Cut ginger in small pieces. Add sugar and water. Boil fifteen min. Add fruit juice. Strain, cool, and freeze.

LEMON SHERBET.**Ingredients:**

1 qt. milk. 2½ lemons.
1 cup sugar. 2 egg whites.

Method:

Freeze milk and sugar half done, about 10 min. Then add the juice and pulp of lemons and beaten egg whites. Finish freezing.

PINEAPPLIE SHERBET

Ingredients:

- 1 qt. milk.
- 1 cup sugar.
- $\frac{1}{4}$ fresh pineapple.
- 2 egg whites.
- 2 tablespoons lemon juice.

Method:

Freeze milk and sugar half done, about 10 min. Add the finely chopped fresh pineapple and lemon juice and stiffly beaten egg whites. Finish freezing.

FLOATING ISLAND.

Ingredients:

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| 1 egg. | 1 tablespoon sugar. |
| 1 cup milk. | $\frac{1}{8}$ teaspoon vanilla. |

Method:

Heat the milk in a double boiler. Beat the yolk slightly, add sugar and salt. Add the hot milk to the egg mixture, stirring constantly. Return to the double boiler and cook until the custard coats the spoon. Remove from the fire at once, and when cool add vanilla. Serve in small dishes. Beat the egg white, add 1 tablespoon powdered sugar. Serve on the custard.

If the custard is cooked too long it will curdle. If it does, set in a pan of cold water and beat vigorously with a Dover beater. Strain.

BAKED CUSTARD.

Ingredients:

1 cup milk.	$\frac{1}{4}$ teaspoon vanilla.
1 egg.	few grains salt.
$\frac{1}{2}$ tablespoon sugar.	

Method:

Beat egg slightly. Add other ingredients. Pour into buttered cups. Cook in pans of hot water until custard sets. Test—Pierce with a knife; if it comes out clean, custard is done.

CARAMEL CUP CUSTARD.

Ingredients:

Caramel:

1 cup sugar caramelized.
 $\frac{1}{2}$ cup boiling water.

Cook until syrup is of the consistency of maple syrup. Pour this 1 tablespoon in bottom of custard cups.

Custard:

Same as above.

PINEAPPLE CUSTARD.

Ingredients:

1 cup milk.	$\frac{1}{8}$ teaspoon salt.
4 egg yolks.	1 tablespoon pineapple juice.
1 tablespoon sugar.	sliced canned pineapple.

Method:

Prepare first four ingredients in the same way as for soft custard. When cool, add fruit juice. When ready to serve, pour it over the prepared fruit.

WHITE CUSTARD.

Ingredients:

2 egg whites.	1 cup milk.
2 tablespoons sugar.	$\frac{1}{4}$ teaspoon vanilla.
$\frac{1}{8}$ teaspoon salt.	

Method:

Prepare like baked custard. Serve cold.

RICE CUSTARD.

Ingredients:

4 tablespoons sugar.	1 qt. scalded milk.
4 eggs.	1 cup cold cooked rice.
$\frac{1}{8}$ teaspoon salt.	nutmeg.

Method:

Beat eggs slightly, add sugar and salt to the cooked rice. Pour on gradually the hot milk, stirring constantly. Pour into buttered molds, sprinkle with nutmeg. Place in a pan of hot water and bake in a slow oven until firm. Remove from the mold for serving.

STEAMED RHUBARB.

Ingredients:

1 cup cut rhubarb.	$\frac{1}{3}$ cup sugar.
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Method:

Wash rhubarb and cut in 1 inch pieces. Cook with sugar in a double boiler without stirring until it is thoroughly soft, 25-35 min.

BROWN BETTY.

Ingredients:

3 cups sliced apples.	$\frac{1}{4}$ teaspoon nutmeg.
2 cups crumbs.	2 tablespoons butter.
$\frac{1}{2}$ cup sugar.	juice $\frac{1}{2}$ lemon.
$\frac{1}{4}$ teaspoon cinnamon.	$\frac{1}{4}$ cup water.

Method:

Put alternate layers of apples and crumbs in a buttered pudding dish. Sprinkle each layer of apples with sugar and spices. Dot the top layer with butter, pour over the mixture the lemon juice and water. Bake in a moderate oven until the apples are soft.

CHOCOLATE BREAD PUDDING.

Ingredients:

2 cups stale bread crumbs.
4 cups scalded milk.
2 sq. Baker's chocolate.
2 tablespoons melted butter.
 $\frac{1}{3}$ cup sugar.
2 eggs.
 $\frac{1}{2}$ teaspoon salt.
1 teaspoon vanilla.

Method:

Soak bread in milk 10 min. Add the melted chocolate, salt, sugar, vanilla, butter, and eggs slightly beaten. Turn into a buttered pudding dish. Poach 1 hour in a moderate oven. Serve with whipped cream.

COFFEE CREAM.

Ingredients:

- 2 tablespoons gelatine.
- $\frac{3}{4}$ cup water.
- $\frac{3}{4}$ cup sugar.
- 3 cups whipped cream.
- $\frac{3}{4}$ cup strong coffee.

Method:

Soak gelatine in cold water until soft. Add hot coffee and sugar. Strain through cheese cloth. Place in a bowl of ice water and stir frequently until syrupy. Fold in the whipped cream. Pour into a mold rinsed in cold water.

PEACH DAINTY.

Ingredients:

- 6 peaches.
- $\frac{1}{2}$ cup whipped cream.
- 1 doz. English walnuts.
- 1 doz. Maraschino cherries.

Method:

Cut peaches in halves. Remove the pit and pare. Roll in powdered sugar. In each cavity put 2 teaspoons whipped cream. Chop the nuts and sprinkle over the cream. Place a cherry on top.

PINEAPPLE DAINTY.

Ingredients:

- Angel food cake.
- Maraschino cherries.
- Canned pineapple.

Method:

Place a square of angel cake in a tall glass

and above this set a round of canned pineapple. Cook the juice from the can with a little sugar and lemon juice. Let cook. Add enough marachins from the cherry bottle to tint the syrup (or tinge with red raspberry juice). Pour it over the pineapple and cake. Place a thick layer of whipped cream on the pineapple, and finish with a cherry. Serve at any time when ice cream should be served.

PEACH WHIPS.

Ingredients:

peaches.

whipped cream.

syrup.

Method:

Cut halves of canned or preserved peaches in two pieces each, place in glass cups, and pour on a little syrup from the jar. Finish with whipped cream flavored with vanilla and slightly sweetened.

QUINCE BAVARIAN CREAM.

Ingredients:

1½ tablespoons gran.

¼ cup sugar.

gelatine.

½ lemon, juice of.

¼ cup cold water.

1 cup double cream.

1½ cups quince marmalade. pistachio nuts.

Method:

Soften the gelatine in cold water. Then dissolve in the marmalade and lemon juice heated to the boiling point. Add the sugar, and then set the pan in a bowl of crushed ice. When

beginning to set, fold in the cream beaten until firm. Turn into a mold. When unmolded, sprinkle with chopped pistachio nuts. Eight nuts will be sufficient.

APRICOT OR PEACH BAVARIAN CREAM.

Ingredients:

- 1 pt. canned apricots or peaches.
- $\frac{1}{4}$ cup sugar.
- $1\frac{1}{2}$ tablespoons gelatine.
- $\frac{1}{4}$ cup cold water.
- 1 pt. cream.

Method:

Mash apricots or peaches. Rub them and juice through a sieve. Add sugar. Soak gelatine in cold water. Whip cream to froth. Place strained peaches in a sauce pan and simmer 20 min., stirring constantly. Add gelatin. Place sauce pan in a pan of crushed ice. Stir until the mixture begins to thicken, then stir in the cream. Mix thoroughly. Set away to harden.

ORANGE BAVARIAN CREAM.

Ingredients:

- 2 tablespoons Knox gelatine.
- $\frac{1}{2}$ cup cold water.
- $1\frac{1}{2}$ cup boiling water.
- 1 cup sugar.
- $1\frac{1}{2}$ cup orange juice.
- $\frac{1}{4}$ cup lemon juice.
- 1 cup cream, whipped.

Method:

Soak the gelatine in cold water until soft, 8-10 min. Dissolve in boiling water. Add sugar and fruit juice. Strain. Set away in a cool place or in crushed ice until the gelatine partially hardens. Beat in the whipped cream. Put in molds or in orange baskets. Serve with or without whipped cream.

STRAWBERRY BAVARIAN CREAM.

Ingredients:

- 2 tablespoons Knox gelatine.
- $\frac{1}{2}$ cup cold water.
- $1\frac{1}{2}$ cups boiling water.
- $1\frac{1}{2}$ cups strawberry pulp.
- $\frac{1}{4}$ cup lemon juice.
- 1 cup cream, whipped.
- $1\frac{1}{2}$ cups sugar.

Method:

Soak gelatine in cold water until soft, 8-10 min. Add sugar to strawberry pulp and let simmer in a sauce pan 20 min., stirring constantly. Remove from fire, add gelatine, set in a pan of crushed ice. Stir until the mixture begins to thicken, then stir in the cream whipped. Set away to harden.

FRUIT BAVARIAN CREAM.

Ingredients :

- $\frac{3}{4}$ cup banana pulp.
- $\frac{3}{4}$ cup peach pulp.
- 2 oranges (juice and pulp).
- 1 tablespoon lemon juice.
- 1 tablespoon peach juice.
- $\frac{1}{2}$ cup powdered sugar.
- 2 tablespoons gran. gelatine.
- $\frac{1}{2}$ cup boiling water.
- Whips from 2 cups cream.

Method :

Cover gelatine with cold water and when softened dissolve in boiling water. Strain. Add all the ingredients in the order given and set in a pan of crushed ice. Stir constantly and as it begins to thicken, fold in the whips from the cream.

RASPBERRY BAVARIAN CREAM.

Ingredients :

- 1 quart raspberries.
- $\frac{1}{2}$ quart cold water.
- 3 tablespoons gran. gelatine.
- $\frac{1}{2}$ cup cold water.
- 2 tablespoons lemon juice.
- 1 pint cream.
- $\frac{1}{2}$ cup sugar.

Method :

Crush raspberries and rub through a colander. Add $\frac{1}{2}$ quart cold water to the seeds and strain.

Combine mixtures and strain twice through a wire strainer, being careful not to press seeds through. Add sugar and let simmer 15 minutes. Add gelatine, which has been softened in $\frac{1}{2}$ cup cold water. When dissolved, add lemon juice and set in a pan of crushed ice. Stir constantly. As it thickens, fold in the whip from the cream.

CHERRY BAVARIAN CREAM.

Ingredients:

- 1 quart tart canned cherries.
- Sugar to taste.
- $\frac{1}{2}$ cup cold water.
- 3 tablespoons gran. gelatine.
- 1 pint cream.

Method:

Soak gelatine in cold water. Cook cherries and sugar together fifteen minutes. Rub them through the colander. Add soaked gelatine. When entirely dissolved, place in a pan of crushed ice. Stir constantly, and when the mixture begins to thicken, stir in the whip from the cream. When all cream has been added, set away to harden.

CARAMEL BAVARIAN CREAM.

Ingredients:

- | | |
|---|-------------------------------|
| $\frac{2}{3}$ cup sugar. | $\frac{1}{2}$ cup cold water. |
| $\frac{1}{2}$ cup hot water. | 1 $\frac{1}{2}$ cups cream. |
| 2 tablespoons gran-
ulated gelatine in | |

Method:

Put sugar in a frying pan and stir over the fire until it melts. Add hot water and let boil until the caramel is melted. Add softened gelatine, and as soon as it is dissolved in the boiling syrup, strain. Place pan in crushed ice. Stir constantly, and when mixture begins to thicken, stir in whip from the cream.

APPLE BAVARIAN CREAM.

Ingredients:

- 3 tablespoons gran. gelatine.
Cold water to soften.
- 2 cups apple pulp.
Grated rind of $1\frac{1}{2}$ lemons.
Juice of 3 lemons.
- $\frac{3}{4}$ cup sugar.
- $2\frac{1}{8}$ cups double cream.

Method:

Wash, pare, core, and steam until soft, enough apples to make 2 cups pulp when strained. Soak gelatine in cold water, and dissolve by setting in a pan of hot water. To apple pulp add grated rind and juice of lemons, dissolved gelatine and sugar. Stir until sugar is dissolved. Place in a pan of crushed ice and stir constantly until mixture begins to thicken. Fold in the whip from the cream.

ORANGE TRIFLE.

Ingredients :

2 tablespoons granulated gelatine.

$\frac{1}{4}$ cup cold water.

$\frac{1}{4}$ cup boiling water.

1 tablespoon lemon juice.

$\frac{1}{4}$ cup sugar.

$\frac{1}{2}$ cup orange juice.

$\frac{1}{2}$ orange rind, grated.

Whip from $1\frac{3}{4}$ cups cream.

Method :

Make a pink jelly, using either raspberry or strawberry jello, and pour into the molds, making a layer about $\frac{3}{8}$ inch thick. Set this on ice to harden. Soak gelatine in cold water; dissolve in boiling water. Strain into a bowl. Add sugar, orange juice, and grated rind. Set bowl in crushed ice, and stir constantly until it begins to thicken. Then fold in the whip from the cream. Fill molds, and set away to harden. Garnish with candied orange.

STRAWBERRY WHIP.

Ingredients :

1 cup strawberries.

2 egg whites.

$\frac{1}{3}$ cup powdered sugar.

1 teaspoon lemon juice.

Method :

Crush the berries, add the other ingredients. Beat until stiff; or,

Beat whites of eggs until stiff, then gradually beat in the other materials.

CHOCOLATE BLANC MANGE.

Ingredients :

1 qt. milk.	2 sq. chocolate.
2 teaspoons vanilla.	$\frac{1}{4}$ cup sugar.
6 tablespoons cornstarch.	few grains salt.
2 egg whites.	

Method :

Heat the milk and sugar in a double boiler, saving enough cold milk to make a thin paste with the cornstarch. Add melted chocolate to the milk. Mix cornstarch and cold milk; add to the hot milk, stirring vigorously until the mixture thickens. Cook 15 min. Remove from the fire; fold in stiffly beaten egg whites, add vanilla, and pour in a dish to cool.

Serve with whipped cream.

BLANC MANGE.

Ingredients :

1 qt. milk.	whites of 2 eggs.
6 tablespoons cornstarch.	1 teaspoon vanilla.
4 tablespoons sugar.	$\frac{1}{2}$ teaspoon salt.

Method :

Scald the milk. Add the cornstarch, which has been previously mixed with a little of the cold milk, to the hot milk. Add the sugar and

salt. Cook 15 min.; when cool, add vanilla and fold in the stiffly beaten egg whites. Turn into molds rinsed in cold water, and set aside to become firm and cold.

Serve with a steamed custard or whipped cream with which canned cherries have been mixed.

DATE BLANC MANGE.

Ingredients:

- 2 cups milk.
- $\frac{1}{4}$ cup butter.
- $\frac{1}{4}$ cup sugar.
- $\frac{1}{4}$ cup cornstarch.
- 1 cup dates.

Method:

Scald milk, butter, and sugar in a double boiler. Add cornstarch, which has been mixed with a little of the cold milk, stirring constantly. Cook 8 minutes. Add finely chopped dates. Serve cold, garnished with dates.

PINEAPPLE BLANC MANGE.

Ingredients:

- 1 cup canned pineapple juice.
- $\frac{1}{4}$ cup water.
- 3 tablespoons cornstarch.
- 3 egg whites.
- 2 tablespoons sugar.

Method :

Boil pineapple syrup and water 5 minutes. Add cornstarch, which has previously been mixed with a little cold water. Boil 5 minutes. Remove from fire. Add sugar and fold in the stiffly beaten egg whites. Mold and chill. Decorate with slices of pineapple and chopped English walnuts.

FRUIT BLANC MANGE.

Ingredients :

- 1 quart milk.
- 6 tablespoons cornstarch.
- 4 tablespoons sugar.
- 2 egg whites.
- 1 teaspoon vanilla.
- $\frac{1}{2}$ teaspoon salt.

Method :

Scald the milk. Add cornstarch, which has been previously mixed with a little of the cold milk, to the hot milk. Add sugar and salt. Cook 8 minutes. When cool, add vanilla and fold in the stiffly beaten egg whites. Let stand for a little while, and when cornstarch is sufficiently set to hold fruit in place, stir into it lightly 1 cup well drained canned fruit (cherries, raspberries, strawberries, peaches, etc.) Turn into molds to harden. Serve the juice of the fruit as a sauce.

LEMON JELLY.

- 2 tablespoons gran. gelatine.
- $\frac{1}{2}$ cup cold water.
- $2\frac{1}{2}$ cups boiling water.
- $\frac{1}{2}$ cup lemon juice.
- $\frac{3}{4}$ cup sugar.

Method:

Soak gelatine in cold water; add boiling water. When dissolved, add sugar and lemon juice. Strain through cheese cloth. Mold and chill.

ORANGE JELLY.

Ingredients:

- 2 tablespoons granulated gelatine.
- $\frac{1}{2}$ cup cold water.
- $1\frac{1}{2}$ cups boiling water.
- 1 cup sugar.
- $1\frac{1}{2}$ cups orange juice.
- 3 tablespoons lemon juice.

Method:

Soak gelatine in cold water; add boiling water. When dissolved, add sugar and fruit juice. Strain through cheese cloth. Mold and chill.

WINE JELLY.

Ingredients:

- $\frac{1}{2}$ box gelatine, or
- 2 tablespoons gran. gelatine.
- $\frac{1}{2}$ cup cold water.
- $1\frac{2}{3}$ cup boiling water.
- 1 cup sugar.
- 1 cup sherry or madeira.
- $\frac{1}{3}$ cup orange juice.
- 3 tablespoons lemon juice.

Method:

Soak gelatine in cold water 20 min. Dissolve in boiling water. Add sugar, wine, orange juice, and lemon juice. Strain, mold, and chill. A stronger jelly may be made by using additional wine in place of orange juice.

PEACH SNOW.

Ingredients:

- 6 peaches.
- 6 egg whites.
- sugar.

Method:

Wash and pare the peaches. Force them through a sieve and if there is much juice, drain. Beat whites of eggs until stiff. Add sweetened pulp gradually, beating constantly.

Serve cold with cream or steamed custard.

APPLE SNOW.

Ingredients:

- $\frac{1}{4}$ cup apple pulp.
- 1 egg white.
- sugar.

Method:

Wash, pare, and grate the apples. Sweeten

to taste. Add gradually the beaten egg white, beating constantly. Pile lightly on a serving dish. Chill. Serve with cream or steamed custard.

PRUNE WHIP.

Ingredients:

1 cup pulp.	$\frac{1}{2}$ teaspoon lemon juice.
2 egg whites.	3 tablespoons sugar.

Method:

Put all the ingredients together and beat until stiff enough to hold its shape.

APRICOT WHIP.

Ingredients:

1 cup pulp.	$\frac{1}{2}$ teaspoon lemon juice.
2 egg whites.	$\frac{1}{3}$ cup sugar.

Method:

Same as above.

SNOW PUDDING.

Ingredients:

3 tablespoons granulated gelatine.
 $\frac{1}{4}$ cup cold water.
2 cups boiling water.
1 cup sugar.
6 tablespoons lemon juice.
4 egg whites.

Method:

Soak gelatine for 20 min. in cold water and dissolve in boiling water. Add sugar and, as soon as dissolved, lemon juice. Strain, and set

bowl containing the mixture in a pan of crushed ice. Occasionally stir and when quite thick beat until frothy. Add egg whites beaten stiff, and beat until thoroughly mixed. Mold, chill, and serve with custard.

CHERRY RUSSE.

Ingredients:

1 pt. cherry juice.	sugar to taste.
2 tablespoons granulated gelatine.	

Method:

Make a jelly, using all the ingredients. Chill.

Turn into a glass dish and serve with whipped cream to which whole cherries are added.

TAPIOCA CREAM.

Ingredients:

$\frac{1}{4}$ cup tapioca.	2 tablespoons sugar.
$\frac{1}{4}$ cup cold water.	$\frac{1}{4}$ teaspoon salt.
2 cups hot milk.	$\frac{1}{4}$ teaspoon vanilla.
2 eggs.	

Method:

Look over tapioca and wash. Soak in cold water until soft. Cook in hot milk in a double boiler until transparent, from 45-60 min. Separate yolks and whites of eggs. Beat yolks slightly. Add sugar and salt. Pour over them gradually while beating the tapioca. Return to double boiler and cook until creamy. Remove from fire, cool, and add vanilla. Beat whites stiff. If to be used as a meringue, add 2 tablespoons

powdered sugar. Spread roughly over tapioca mixture, which has been put in a pudding dish and brown in oven, or fold into the mixture the stiffly beaten whites.

TAPIOCA CREAM—II.

Ingredients :

- 9 tablespoons tapioca.
- 3 cups scalded milk.
- 1½ egg whites.
- 1 teaspoon vanilla.
- 4 tablespoons sugar.

Method :

Cook tapioca and milk in a double boiler 30 min. Add sugar and salt. Remove from fire and add the stiffly beaten egg whites. Chill. Serve with cream, cooked fruit, or fruit sauce.

CHERRY TAPIOCA.

Ingredients :

- | | |
|--------------------|----------------------|
| 1 cup tapioca. | 1 pt. cherries. |
| 2 cups cold water. | whipped cream sauce. |

Method :

Soak tapioca in cold water until water is absorbed. Cook tapioca with cherry syrup ½ hour. Add cherries. Turn into molds. Chill. Served with whipped cream sauce.

WHIPPED CREAM SAUCE.

Ingredients:

- 1 cup cream, whipped.
- $\frac{1}{2}$ cup powdered sugar.
- 1 stiffly beaten egg white.
- 1 teaspoon vanilla, or
- 1 tablespoon maraschino.

Method:

Mix very carefully and serve cold.

APPLE TAPIOCA.

Ingredients:

- | | |
|----------------------------------|----------------|
| $\frac{1}{4}$ cup gran. tapioca. | 3 tart apples. |
| 1 tablespoon sugar. | sugar. |
| speck salt. | nutmeg. |
| 1 pt. boiling water. | |
| 2 tablespoons lemon juice. | |

Method:

Mix tapioca, sugar, and salt. Stir slowly into the boiling water, and cook in a double boiler 20 min. Add lemon juice. Pour this over the apples, which have been cored, pared, and the holes filled with sugar and nutmeg. Cover and bake until apples are soft. Serve with cream and sugar.

JUNKET.

Ingredients:

- 1 qt. milk.
- 3 tablespoons sugar.
- $\frac{1}{2}$ teaspoon vanilla.
- 1 junket tablet dissolved in cold water.

Method:

Add sugar to milk and heat to 98° F. A

vanilla and junket tablet crushed and dissolved in cold water. Pour into glass dishes and let stand in a warm room until it sets. Serve very cold, with or without whipped cream.

LEMON PIE.

Crust:

1 cup flour.

$\frac{1}{4}$ cup shortening $\left\{ \begin{array}{l} \frac{1}{2} \text{ lard.} \\ \frac{1}{2} \text{ butter.} \end{array} \right.$

$\frac{1}{2}$ teaspoon salt.

Cut shortening into flour until as fine as sawdust. Add just enough cold water to make particles hold together. Handle as little as possible. Line pie pans, prick with a fork, and bake in a moderate oven.

Filling:

1 pt. water.

2 egg yolks.

$\frac{1}{2}$ cup flour.

1 cup sugar.

1 tablespoon butter.

juice and grated rind 1 lemon.

Mix water, sugar, flour, and egg yolks. Cook in a double boiler until it thickens. Add grated rind and juice of lemon and butter. Fill crust with mixture. Beat whites of eggs, add 2 tablespoons powdered sugar, and spread roughly over the pie. Brown in oven.

SQUASH PIE.

Ingredients:

1 cup cooked and strained squash.	
1½ cup milk.	½ teaspoon salt.
½ cup cream.	1 tablespoon salt.
1 egg.	1 tablespoon
½ cup sugar.	ginger.

Method:

Mix all the ingredients together and turn into a deep plate. Bake until firm, from 25-30 min.

MOCK CHERRY PIE.

Crust:

Same as for lemon pie.

Filling:

1 cup cranberries.	1 tablespoon flour.
½ cup raisins.	½ cup water.
1 cup sugar.	½ teaspoon vanilla.

Chop cranberries and raisins very fine. Add sugar, flour, water, and vanilla. Line a pie pan with the crust; add the filling. Place over this the top crust, which must have holes in it, and make secure around the edges. Make a small paper funnel and place in center of pie. This prevents juice from cooking out on top. Bake in a moderate oven until a delicate brown.

CHEESE STRAWS.

With the left over crust make cheese straws. Roll ⅛ inch thick. Sprinkle with grated cheese and a little cayenne pepper. Fold and roll again. Cut in strips ¼ by 6 inches. Bake quickly.

CREAM PIE.

Ingredients:

1 pt. milk.	2 eggs well beaten.
$\frac{1}{2}$ cup flour.	vanilla.
1 cup white sugar.	

Method:

Place milk in a double boiler until hot. Add the sugar, flour, and egg yolks. Stir rapidly until thoroughly cooked. Flavor. Pour over crust, which has been previously baked. Beat whites of eggs to a froth; add 2 tablespoons powdered sugar. Pour over custard and brown in oven.

ORANGE TAPIOCA.

Ingredients:

$\frac{1}{2}$ cup tapioca.	3 cups water.
1 cup sugar.	

Cook in a double boiler until clear, stirring frequently.

2 oranges cut in small pieces. Add orange after removing the tapioca from the fire. Serve with whipped cream.

CRANBERRY JELLY.

Ingredients:

2 cups cranberries.	1 cup sugar.
$\frac{1}{2}$ cup boiling water.	

Method:

Wash and look over the cranberries. Put in a sauce pan with water; boil until soft, 5-10 min. Rub through a sieve. Add the sugar, cook 5 min. Turn into a mold.

APRICOT JELLY.

Ingredients:

- 2 tablespoons granulated gelatine.
- $\frac{2}{3}$ cup cold water.
- 1 cup boiling water.
- 2 cups apricot juice.
- 1 cup sugar.
- 1 tablespoon lemon juice.

Method:

Soak gelatine in cold water until soft. Dissolve in boiling water. Add sugar and fruit juices. Strain, mold, chill. Serve with whipped cream.

JELLIED PRUNES.

Ingredients:

- | | |
|---------------------------|--------------------------------|
| $\frac{1}{3}$ lb. prunes. | $\frac{3}{4}$ cup sugar. |
| 2 cups cold water. | boiling water. |
| 3 tablespoons gelatine. | $\frac{1}{4}$ cup lemon juice. |
| 1 cup cold water. | |

Method:

Pick over, wash, and soak prunes for several hours in 2 cups cold water. Cook in same water until soft. Remove prunes, stone, and cut in quarters. To prune water add enough boiling water to make 2 cups. Soak gelatine in 1 cup cold water. Dissolve in hot liquid. Add sugar and lemon juice. Strain; add prunes; mold and chill. Stir twice while cooling to prevent prunes from settling. Serve with whipped cream or cream and sugar.

RASPBERRY CUSTARD.

Serve in sherbet glasses. Place a macaroon in the bottom of each glass. On it place a tablespoon of raspberry jam, then the custard and whipped cream.

Ingredients for custard:

1 cup milk.	1 tablespoon sugar.
1 egg.	$\frac{1}{2}$ teaspoon vanilla.
few grains salt.	

Method:

Heat milk in a double boiler. Beat egg slightly; add sugar and salt. Pour hot milk into the egg and sugar, slowly, stirring constantly. Cook until it coats the spoon. Remove from water at once; cool, add vanilla, and pour over macaroon and jam.

BAKED APPLE SAUCE.

Wash, quarter, pare and core tart apples. Cut in thin slices and arrange in a baking dish. Cover with brown sugar and sprinkle with cinnamon. Add boiling water to cover the bottom of the baking dish. Cover and bake in a moderate oven until apples are very soft, from 1-1 $\frac{1}{2}$ hours.

BAKED APPLES.

Wash the apple and core from the stem, but do not take out all the core. Leave bottom in to hold the sugar. Fill the cavities with sugar and sprinkle a little cinnamon over top.

In winter, when apples are hard to bake, they

may be baked a little while before adding the sugar. They should be basted to keep the skin tender. Bake in a moderate oven until soft.

STEWED PRUNES.

Prunes should be washed in a great many waters. Soak over night in enough water to cover. Cook in this water gently until soft. Very little sugar, if any, is added.

SUGARED PRUNES.

Wash prunes thoroughly. Soak over night. Steam until they puff up. Roll in sugar.

BAKED PEARS.

Wash and core nice large pears. Fill with a mixture of equal parts English walnuts, dates, and figs. Sprinkle brown sugar over them and bake in a slow oven until pears are soft. Serve cold, with whipped cream.

COCOANUT APPLES.

Select firm, tart apples; pare and core the number needed. Arrange on a dish and set in a steamer over boiling water. Cook until the apples are tender, basting frequently with a sugar syrup. When the apples are tender, remove from the steamer and let cool. Prepare a boiled icing and cover apples with it. Roll in grated cocoanut, and place on paraffin paper until the icing sets. Fill centers of each apple with chopped nuts, and top with a clove to resemble a stem.

Salad Dressings and Sauces.

SALAD DRESSING AND SAUCES.

MAYONNAISE.

Ingredients:

- 1 egg yolk.
- 1 cup oil.
- 1 teaspoon salt.
- 1/16 teaspoon cayenne.
- 1/2 teaspoon mustard.
- 2 tablespoons lemon juice or vinegar.

Method:

Have everything as cold as possible. Beat egg slightly with a wooden spoon. Add the oil drop by drop. Stir vigorously after each drop until 2 tablespoons have been added. Then gradually begin to add the oil more rapidly, stirring vigorously all the time. As the dressing thickens, add the vinegar, a few drops at a time, to which has been added the mustard. When nearly all the oil is added, add the salt and pepper. Set in a cool place till ready to serve. If the mixture should curdle, add a very small piece of ice and beat vigorously. If this does not make it smooth, take another yolk, and begin all over again, using the curdled mass instead of oil.

FRENCH DRESSING.

Ingredients:

$\frac{1}{2}$ teaspoon salt. 6 tablespoons oil.
 $\frac{1}{4}$ teaspoon pepper. 2-3 teaspoons vinegar.
 $\frac{1}{16}$ teaspoon cayenne.

Method:

Mix all the ingredients and beat vigorously with a Dover egg beater.

BOILED DRESSING.

Ingredients:

3 whole eggs or 6 egg yolks.
2 tablespoons sugar.
 $\frac{1}{4}$ tablespoon mustard.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon white pepper.
1 cup vinegar.

Method:

Mix first five ingredients in top of double boiler. Set over hot water and add the vinegar, stirring constantly. Cook until it thickens. Cool, strain, and if necessary thin with sour cream before using.

HOLLANDAISE SAUCE.

Ingredients:

$\frac{1}{2}$ cup butter. 1 cup boiling water.
2 egg yolks. juice 1 lemon.
 $\frac{1}{4}$ teaspoon salt. 2 tablespoons flour.
few grains cayenne.

Method:

Cream flour and butter; add yolks of eggs, one at a time, and beat thoroughly. Add the salt, ceyenne, and water, and cook in a double boiler, stirring constantly. When thickened add lemon juice and remove from the fire. Add 1 teaspoon finely chopped parsley.

SAUCE TARTARE.

1 cup mayonnaise dressing. Add to it 1 teaspoon chopped olive, 1 teaspoon chopped pickle, 1 teaspoon chopped parsley.

CHOCOLATE SAUCE.

To be served with Ice Cream.

Ingredients:

2 sq. chocolate (bitter).

$\frac{1}{2}$ cup granulated sugar.

1 cup boiling water.

2 tablespoons flour.

$\frac{1}{4}$ teaspoon vanilla.

Method:

Melt chocolate over boiling water. Add half the sugar; stir and cook until perfectly smooth and boiling. Sift together several times the remainder of the sugar and flour. Pour on the boiling water and when smooth stir into chocolate mixture. Let simmer 10 min., stirring constantly.

THIN WHITE SAUCE.

Ingredients:

1 tablespoon flour.	1 tablespoon butter.
$\frac{1}{2}$ teaspoon salt.	1 cup milk.

Method:

Melt butter, add flour and salt, and cook thoroughly. Add the milk slowly, stirring constantly. Stir and cook until it thickens.

MEDIUM WHITE SAUCE.

Ingredients:

2 tablespoons flour.	$\frac{1}{2}$ teaspoon salt.
2 tablespoons butter.	1 cup milk.

Method:

Same as thin white sauce.

THICK WHITE SAUCE.

Ingredients:

$\frac{1}{3}$ cup flour.	$\frac{1}{2}$ teaspoon salt.
2 tablespoons butter.	1 cup milk.

Method:

Same as thin white sauce.

TOMATO SAUCE.

Ingredients:

1 cup tomatoes.	1 tablespoon butter.
1 stalk celery.	1 tablespoon flour.
1 slice onion.	$\frac{1}{2}$ teaspoon salt.

Method:

Cook tomatoes, celery, and onion; slowly strain. Melt butter; add flour. Cook for 5 min. Add liquid and cook until it thickens.

Salads.

SALADS.

TOMATO AND CREAM CHEESE SALAD.

Choose medium sized tomatoes. Wash, peel, and slice in slices $1\frac{1}{4}$ inches thick. Drain well and wipe off each slice. On top of each put a thick layer of cream cheese mixed with chopped green peppers, and in the middle of each put a round of the pepper. Serve on crisp lettuce with French dressing.

PEPPER AND CREAM CHEESE SALAD.

Cut off the small end, remove the inside and wipe out medium sized green or red peppers. Fill with cream cheese seasoned (or cottage cheese). Press down firmly to pack cheese into all the little flutings in side. Set on ice. Serve whole or cut in thick slices. Serve on crisp lettuce with French or mayonnaise dressing.

GRAPE AND CHEESE SALAD.

Get nice white Malaga grapes; cut one side open with the tip of a small knife, take out the seeds. Serve on lettuce with French dressing. Cover all with cream cheese put through the ricer.

DATE AND CHEESE SALAD.

Wash large, fine dates and open one side to remove the stone. Fill with cream cheese and serve on lettuce with mayonnaise mixed with a third as much whipped cream.

WATERMELON SALAD.

From a firm, ripe watermelon cut with a vegetable cutter little balls of the red melon. Drain, chill, and serve in lettuce cups with French dressing.

CHEESE AND OLIVE SALAD.

Mix Philadelphia cream cheese with chopped stuffed olives. Form into little balls. Roll in finely chopped English walnuts. Serve on finely shredded lettuce with French dressing.

PEACH SALAD.

Select nice ripe peaches. Wash, cut in halves, and pare. Serve two halves on finely shredded lettuce. Fill cavities with a dressing made by mixing one part boiled dressing to two parts whipped cream. Garnish with maraschino cherries.

PEAR SALAD.

Wash, pare, and cut pears in eighths lengthwise; then remove seeds. Arrange on lettuce leaves, sprinkle chopped English walnuts over them, and pour over French dressing. Garnish with ribbons of red pepper.

ORANGE AND WATERCRESS SALAD.

Select large oranges. Wash and remove skins in quarter sections. Remove tough white skins by paring with a very sharp knife. Cut the sections whole from the membrane which separates them. Arrange sections on watercress in such a way as to radiate from center. Pour over it French dressing. Garnish with English walnuts.

ORANGE AND GRAPEFRUIT.

Prepare orange and grapefruit as for orange and watercress. Arrange the sections alternately.

WALDORF SALAD IN APPLE SHELLS.

Ingredients:

- 1 cup celery.
- 1 doz. English walnut meats.
- 6 fine red apples.
- $\frac{1}{2}$ cup boiled dressing.

Method:

Wash celery. Cut in $\frac{1}{4}$ inch pieces. Break meats into medium sized pieces. Scoop out pulp of apples, leaving cups of the skins. Cut apple pulp into small pieces. Mix celery, nuts, and apple with the boiled dressing. Fill apple cups with the mixture. Serve on crisp lettuce leaves.

POTATO SALAD.

Cut cold boiled potatoes in $\frac{1}{4}$ inch cubes. To 4 cups cubes add $\frac{1}{2}$ tablespoon salt, $\frac{1}{4}$ teaspoon pepper, 6 hard cooked eggs finely chopped, 1 tablespoon of onion juice. Mix with boiled or mayonnaise dressing. Arrange in a mound on lettuce leaves. Garnish with hard cooked eggs, cooked beets, and parsley. Divide mound into thirds. On one third put finely chopped egg whites, on the second third put egg yolks forced through a ricer, and on the remaining third put finely chopped cooked beets. Sprinkle finely chopped parsley on the dividing line between the different colors.

CHERRY SALAD.

Remove stones from fine large white or red cherries. Fill cavity with hazelnuts; press together again. Serve on shredded lettuce with French dressing.

CUCUMBER AND RADISH.

Wash and pare cucumbers. Cut off the very pointed ends. Slice cucumber in thin slices half way through. Wash and slice nice red radishes in very thin slices. Place a slice of radish between the slices of cucumber. Serve on lettuce with French dressing.

MACEDOINE SALAD.

Cut cold cooked vegetables into $\frac{1}{4}$ inch cubes, using carrots, potatoes, beets, peas, beans. Serve

on crisp lettuce with French dressing. Boiled or mayonnaise may be used. This is especially a fall salad.

BEET LATTICE ON LETTUCE.

Cut cold cooked beets with a latticer and lay on lettuce leaves. Garnish with strips of green pepper. Serve with French dressing.

STRING BEAN AND ALMOND.

Arrange cold boiled beans on lettuce leaves. Garnish with almonds. Serve with French dressing.

ASPARAGUS AND PIMENTO.

Drain and rinse stalks of canned asparagus. Arrange three or four stalks on lettuce leaves. Place a band of red pepper around them. Serve with French dressing.

TOMATO BASKET WITH PEAS.

Select a small, smooth, bright red tomato with a piece of stem left on. Cut in shape of a basket. Scoop out the pulp and seeds, using a spoon. Fill basket with cold cooked peas which have been mixed with boiled dressing. A few English walnut meats may be added if desired.

POINSETTIA SALAD.

Select nice smooth tomatoes and wash. Cut through the skin, beginning at the blossom end. Make five petals. With a sharp knife remove

the skin from the tomato as thin as possible, and turn back. Then lift the flesh from the seeds. Put mayonnaise dressing in the center. Serve on lettuce hearts.

CHICKEN SALAD.

Cut cold boiled or roast chicken in $\frac{1}{2}$ inch cubes. Wash, scrape, and cut celery in small pieces. Put in a bowl of ice water to become crisp, then drain and dry on a towel. Just before serving, add to the chicken, using half as much celery as chicken. Moisten with mayonnaise or boiled dressing. Serve on lettuce leaves. Garnish with white of egg cut in fancy shapes and yolks forced through a strainer. Or garnish with gherkins cut in thin slices which may be opened to represent a fan.

PINEAPPLE SALAD.

Cut pineapple in slices $1\frac{1}{2}$ inches thick. Cut out the center, leaving only a thin rim. Fill this with a mixture of pineapple, orange, grapefruit, green grapes, nuts, and celery. Use pineapple leaves as a garnish.

CABBAGE SALAD.

Arrange lettuce in form of a nest. Have cabbage finely shredded and soaking in ice water. Garnish with green peppers alone or with yolk of egg put through a ricer and whites cut in circles.

EGG SALAD.

Cook eggs hard. Cut in halves, being careful not to break the whites. Cut the top of the halves in small points. Remove yolks, rub through a sieve, moisten with boiled dressing, and refill whites. Arrange on lettuce leaves. Garnish with thin slices of radish overlapping each other and whole radishes cut to represent tulips.

To cut radishes to represent tulips:

Select smooth, firm, red, round radishes. Remove leaves, leaving stems 1 inch long. Beginning at root end, make seven incisions at equal distances through the skin extending nearly to stem ends. Pass knife under sections of skin and cut as far as incisions extend. Let stand in cold water 1 hour.

MARGUERITE.

Cut the whites of hard cooked eggs in the form of petals and arrange on a bed of shredded lettuce. Place egg yolks forced through a ricer in center. Serve with French dressing.

LOBSTER.

Cut lobster meat in small pieces. Marinate with French Dressing. Add mayonnaise and serve in the lobster shells placed on lettuce. The dressing may be colored red with vegetable coloring matter. Garnish with lobster claws.

FRUIT SALAD.

On crisp lettuce place a ring of canned pineapple. Around the edges of the pineapple arrange perfect sections of grapefruit which have been freed from the membrane, being careful to conform to the circular shape of the pineapple. Place a section of orange on each piece of grapefruit. Fill the center with mayonnaise dressing.

DATE, NUT, AND PINEAPPLE SALAD.

Materials:

- 1 cup stoned dates.
- 8 slices canned pineapple.
- 1 cup English walnuts.
- 1 stalk celery.
- 3 medium sized apples.
- $\frac{1}{2}$ lb. white grapes.
- Mayonnaise or boiled dressing.
- Crisp lettuce leaves.

Method:

Cut apples, celery, walnuts, dates, quite fine. Cut grapes in halves and remove seeds. Chill thoroughly. Mix with mayonnaise or boiled dressing. Place crisp lettuce leaves on individual plates. Place on lettuce a slice of the pineapple. On top of the pineapple place some of the above mixture. Serve very cold.

PINEAPPLE AND GRAPEFRUIT SALAD.

Arrange lettuce leaves on individual plates. In center of each put a round slice of canned pineapple which has been drained and chilled.

On these arrange perfect sections of grapefruit which have been freed from the membrane and chilled, being careful to conform to the circular shape of the pineapple. Sprinkle these lightly with powdered sugar. Surround with Mayonnaise, into which has been folded a little whipped cream just before serving. In the center of the fruit place three stoned California cherries or the same number of Maraschino cherries.

NUT AND CELERY SALAD.

Mix equal parts chopped English walnuts or pecans and finely chopped celery. Mix with mayonnaise dressing. Serve on crisp lettuce.

APPLE AND CELERY SALAD.

Mix equal parts finely cut apples and celery. Mix with mayonnaise or boiled dressing. Serve on crisp lettuce.

CHERRY AND CHEESE SALAD.

Remove stones from large red or white cherries. Fill cavities with a mixture of cheese and nuts, or simply cheese. Serve on shredded lettuce with French or mayonnaise dressing.

MARBLE SALAD.

With a vegetable cutter cut enough balls from raw potatoes to make 2 cups. Boil in salted water until tender, but not broken. Peel and boil in salted water till slightly tender 2 cups of white button onions. Boil half a dozen tender beets

in salted water, and when cold cut balls from them with a vegetable cutter. Chill all separately. At serving time cover a platter with lettuce. Marinate the potato balls with French dressing, roll each one in parsley and celery leaves minced fine together, and heap in the center of the platter. Arrange the onions next, and the beets around the outside against the green bordering of lettuce. Over the onions and beets pour French dressing, a tablespoon at a time, being careful not to disturb the green coated potato balls in the center.

TOMATO JELLY SALAD.

Materials:

- I quart tomatoes.
- I teaspoon salt.
- I teaspoon powdered sugar.
- 4 tablespoons gran. gelatine.

Method:

Soak gelatine in $\frac{1}{2}$ cup cold water for 15 minutes, or until soft. Heat tomatoes and rub through strainer. Add salt, sugar, then the softened gelatine. Either mold or pour into a shallow dish. Chill. When firm, cut in fancy shapes. Serve on crisp lettuce. Garnish top of each with mayonnaise dressing.

APPLE RELISH.

Dissolve 1 cup cinnamon drops in 1 cup boiling water. Wash, pare, and core the required number of nice, smooth apples of uniform size.

When the cinnamon syrup is boiling, drop in as many apples as will float in the syrup without touching each other. Let boil gently until tender, turning frequently to insure an even coloring of the apples. Serve cold, garnished with whipped cream.

BANANA RELISH.

In the center of an individual serving plate place a scalloped lemon cup filled with a dressing of lemon juice and sugar. Arrange a border of parsley around this. On the outside of the parsley arrange a ring of slices of banana. Garnish with parsley. Serve very cold.

LEMON RELISH.

Wash, pare, core, and cut into tiny cubes any good flavored apple. Add just enough lemon juice to prevent the apples from turning dark. Sweeten to taste. Serve very cold in small glass dishes.

ORANGE RELISH.

Place a scalloped orange cup (made by cutting a small orange in half and notching the edges) in the center of individual serving plates, and half fill it with mayonnaise, into which has been folded an equal quantity of whipped cream. Surround with a border of parsley. Around parsley place sections of orange which has been freed from the membrane. Place a tiny sprig of parsley on the outside between each section. Serve very cold.

SANDWICHES.

Celery :

1 cup celery ; 1 tablespoon each apples, nuts, or olives. Mince very fine. Mix with mayonnaise.

Cheese :

1. Cream cheese and finely chopped nuts.
2. Cream cheese with finely chopped nuts, with lettuce or cress dipped in French dressing.
3. Cream cheese and chopped olives.

Chicken :

Equal parts chicken and celery minced very fine and moistened with mayonnaise.

Egg :

Hard cooked eggs ; yolks mashed fine and moistened with melted butter. Spread and sprinkle with finely chopped whites.

Nut :

Finely chopped and moistened with mayonnaise.

Dates :

Dates and nuts chopped fine and mixed with cream.

Jam or jelly with finely chopped nuts.

Peanut Butter :

Peanut butter and chopped stuffed olives, moistened with boiled dressing.

Preserved Ginger with nuts.

Cooked Figs and chopped nuts.

Beverages.

BEVERAGES.

COCOA.

Ingredients :

- 1 tablespoon cocoa.
- 2 tablespoons cold water.
- 2 teaspoons sugar.
- $\frac{2}{3}$ cup milk.
- few grains salt.

Method :

Cook cocoa, water, sugar, and salt to a thick paste. Add milk; bring to the scalding point. Beat with a Dover beater. Serve hot. One-quarter of a stiffly beaten egg white added just before serving improves the cocoa greatly.

TEA.

Ingredients :

- 1 teaspoon tea.
- 1 cup boiling water.

Method :

Put the tea into a clean tea pot. Add the boiling water. Let it stand on back of stove for 5 min. Serve with or without cream and sugar.

Russian tea is ordinary tea served with lemon and without cream or sugar.

COFFEE.

Ingredients:

- 2 tablespoons coffee.
- 2 tablespoons cold water.
- $\frac{3}{4}$ cup boiling water.
- $\frac{1}{8}$ egg unbeaten.

Method:

Mix egg, coffee, and cold water in a clean coffee pot. Pour the hot water over it and let it boil 2 min. Let it stand in a warm place 5 min.

Pour 1 tablespoon cold water down the spout and serve at once, filling cups $\frac{2}{3}$ full.

FILTERED COFFEE.

Ingredients:

- 1 cup coffee (pulverized).
- 5 cups boiling water.

Method:

Place coffee pot in a pan of boiling water. Put the coffee in a strainer and pour the boiling water over it slowly. If not strong enough, pour the water over the grounds again.

POINTS TO BE OBSERVED IN SETTING AN INVALID'S TRAY.

Selecting a tray:

The trays should be of a correct size so that when they are laid they will not have the appearance of being overcrowded.

Papier-maché are preferable to any other kind, as they are light and do not bend.

The tray cloth should just fit over the edge of the tray.

Whenever possible place a bright flower on the tray.

After laying the cloth, locate the plate. Place the knife at the right of the plate—cutting edge toward the plate. Place the spoon at the right of the knife, bowl up. Place the fork at the left of the plate, tines up. The individual butter is placed at the tip of the fork a little to the left. Place the cup and saucer at the right of the spoon, with the handle of the cup to the right. The water glass is placed at the tip of the knife, a little to the right. Arrange the other dishes to suit the convenience of the patient.

Provide plate covers, if possible.

Keep all noise of the preparation of food and odors from the cooking of food from the sick room.

Let the person who serves the food be neat in appearance, and have it preferably a person with a quiet, cheerful manner.

Whenever possible, bathe the hands and face of the patient before serving food to him.

Be punctual in serving meals.

Have everything for service immaculate. Use the most attractive dishes and linen that can be obtained.

Arrange things in an attractive and convenient form.

Serve only small amounts at one time.

Fill cups and glasses only $\frac{2}{3}$ full.

Use other cups and glasses than those in which medicines have been administered.

Serve individual cup, glass, or dish on a plate or small tray covered with a doily.

Serve hot food hot and in hot dishes.

Serve cold drinks and fruit cool rather than ice cold.

Taste all food before serving to determine temperature and seasoning.

For this use a spoon separate from that given to the patient.

Taste the food in a room apart from the sick room.

Remove unfinished food and soiled dishes from the room as soon as possible.

Nourishments.

NOURISHMENTS.

LIME WATER.

Put a piece of unslaked lime the size of a walnut into an earthen vessel. Cover with 2 qts. boiled water. Stir thoroughly; allow to settle. Pour off the clear liquid.

APPLE WATER.

Pour boiling water over tart baked apples. Break the apples and mix thoroughly with the water to draw out the flavor. Strain, sweeten if desired, and serve cold.

PEPTONIZED MILK.

Ingredients:

1 qt. milk.

1 peptonizing tube.

$\frac{1}{2}$ cup cold water.

Method:

Mix powder with cold water until dissolved; then add the cold milk and set in a basin of warm water (as hot as hand can stand one minute). The water in the basin should come to the level of the milk. Let it stand 10 min. This only partially peptonizes it. The milk will become bitter if allowed to stand a longer time.

Peptonization may be checked in two ways—placing in ice water, or by heating quickly to the boiling point.

WHEY.

Ingredients:

- 1 cup milk.
- $\frac{1}{4}$ tablespoon rennen, or $\frac{1}{4}$ junket tablet.
- flavoring and sweetening optional.

Method:

Heat the milk to 98° F.; add rennen or junket tablet, which has been crushed and dissolved in one teaspoon cold water. When firm, break up the curd. Strain through a double thickness of cheese cloth. It may have sugar and nutmeg added to it if it seems desirable.

ALBUMINIZED MILK.

Ingredients:

- | | |
|-------------------------|-------------|
| $\frac{1}{2}$ cup milk. | f. g. salt. |
| 1 egg white. | nutmeg? |

Method:

Mix milk and egg together with a Dover beater or shaking in a jar. Add salt and nutmeg before serving.

MILK PUNCH.

Ingredients:

- | | |
|-------------------------|------------------|
| 1 cup milk. | few grains salt. |
| 2 teaspoons sugar. | nutmeg. |
| 1-2 tablespoons brandy. | |

Method:

Mix ingredients by beating with a Dover beater. Add nutmeg and serve.

MALTED MILK.

Ingredients :

- 1-2 tablespoons malted milk.
- few grains salt.
- 2 tablespoons lukewarm water.
- $\frac{3}{4}$ cup warm milk or water, or a mixture of both.

Method :

Mix first three ingredients until smooth. Add hot liquid gradually while stirring.

Cream may be used with this as with coffee. Whipped cream may also be used.

SPICED MILK.

Ingredients :

- 1 cup milk.
- 2 teaspoons sugar.
- $\frac{1}{2}$ teaspoon brandy.
- 4 one-inch sticks cinnamon.

Method :

Scald milk with cinnamon in a double boiler. Remove cinnamon ; add sugar and brandy. Serve hot.

MULLED WINE.

Ingredients :

- $\frac{1}{4}$ cup water.
- piece of stick cinnamon.
- $\frac{1}{4}$ cup wine.
- $\frac{1}{2}$ tablespoon sugar.
- 1 egg.

Method:

Boil water and cinnamon together 5 min. Remove the cinnamon. Add the wine and bring quickly to the boiling point. Have the egg and sugar beaten together and pour the hot mixture on this while beating.

EGG NOG.**Ingredients:**

1 egg.

$\frac{1}{8}$ teaspoon salt (optional).

1 tablespoon sugar.

$\frac{2}{3}$ cup milk.

$\frac{1}{2}$ teaspoon vanilla, or

1 tablespoon brandy if stimulant is needed.

Method I:

Put ingredients into a shaker. Shake thoroughly. Strain. Serve cold.

Method II:

Separate egg. Beat white until very stiff. Add 1 teaspoon powdered sugar. Place egg yolk, sugar, and milk in a shaker and shake thoroughly. Strain. Into this mixture fold $\frac{1}{2}$ stiffly beaten egg white. Serve remainder on top. Grate a little nutmeg on top if it seems desirable.

EGG BROTH.**Ingredients:**

1 egg.

$\frac{1}{2}$ teaspoon vanilla, or

$\frac{1}{8}$ teaspoon salt.

1 tablespoon brandy.

$\frac{1}{2}$ cup hot milk.

$\frac{1}{2}$ tablespoon sugar.

Method:

Beat egg, sugar, and salt together. Pour over them the hot milk gradually. Add flavoring; beat again.

ORANGE ALBUMEN.**Ingredients:**

1 egg white.	$\frac{3}{4}$ oz. lemon juice.
$\frac{1}{3}$ glass crushed ice.	3 teaspoons sugar.
2 oz. orange juice.	

Method:

Beat egg slightly. Add ice, then the sugar and the fruit juice. Serve cold.

LEMON ALBUMEN.**Ingredients:**

1 egg white.	3 teaspoons sugar.
$\frac{1}{3}$ glass crushed ice.	$\frac{1}{2}$ oz. lemon juice.

Method:

Same as orange albumen.

GRAPE ALBUMEN.**Ingredients:**

1 egg white.
$\frac{1}{3}$ glass crushed ice.
1 oz. grape juice.
3 teaspoons sugar if unsweetened grape juice is used.
$\frac{1}{4}$ oz. lemon juice.

Method:

Same as orange albumen.

PLAIN ALBUMEN.

Ingredients:

1 egg white.

Method:

Beat egg slightly after separating it. Set away in refrigerator until liquid separates from froth. To serve, remove froth and use only liquid portion.

JUNKET EGG NOG.

Ingredients:

1 egg.	$\frac{1}{2}$ teaspoon vanilla.
1 cup milk.	$\frac{1}{4}$ junket tablet.
1 tablespoon sugar.	

Method:

Beat yolk and white of egg separately until very light. Blend the two. Add the sugar dissolved in the vanilla. Heat milk lukewarm, stir into egg mixture, and add quickly the tablet dissolved in cold water. Pour into small glasses and sprinkle grated nutmeg over the top. Stand in a warm room undisturbed until firm. Chill and serve.

BEEF EGG NOG.

Ingredients:

1 egg.	$\frac{1}{8}$ teaspoon salt.
$\frac{1}{2}$ cup hot beef broth.	

Method:

Beat egg slightly, add salt, and gradually the hot broth.

LEMON WHEY.

Ingredients :

- 1 cup hot milk.
- 2 tablespoons lemon juice.
- 2 teaspoons sugar.

Method :

Heat milk in a double boiler. Add the lemon juice. Cook without stirring until the whey separates. Strain through cheese cloth and add the sugar. Serve hot or cold.

BEEF JUICE.

Cut round steak into 1 inch cubes. Warm in a frying pan to start the juice. Squeeze with hot meat press or lemon squeezer. Season with salt, and serve warm.

BEEF BROTH.

Ingredients :

- 1 lb. round steak.
- 1 qt. cold water.

Method :

Remove all fat and wipe steak with a damp cheese cloth. Put it through the meat grinder, using the medium knife, and place in a sauce pan. Add cold water and let stand 1 hour. Place on back of stove where it will simmer, but not boil, for 1 hour. Strain and set in a cold place until needed.

CLAM BROTH.

Scrub clams to remove sand from the shell. Heat with a very small quantity of water until the shells open. Strain through muslin and serve hot. About 6 clams to 1 cup water.

KOUMISS.

Ingredients:

- 1 qt. skimmed milk.
- 2 tablespoons sugar.
- $\frac{1}{5}$ cake compressed yeast.

Method:

Heat the milk until lukewarm. Dissolve the yeast in a little warm water. Mix with the warm milk; add the sugar.

Put into strong bottles and tie down the corks. Shake the bottles thoroughly and put in a refrigerator to allow the mixture to ferment slowly. After three days lay the bottles on their sides; turn them occasionally.

Five days are required to perfect the fermentation and then the koumiss is at its best.

CHICKEN BROTH.

Ingredients:

- 1 qt. cold water.
- 1 lb. chicken.

Method:

Remove the meat from the bones and grind. Chop the bone in as small pieces as possible to allow the juice to escape. Put the ground meat and bones into a sauce pan, add 1 qt. cold water

to every lb. of meat and bones. Let stand in a cold place 1 hour. Then bring it slowly to the simmering point and simmer for 4 hours. Strain through a fine wire strainer, season, and leave over night for the fat to harden on the top. Remove fat with a skimmer and then with unglazed paper. Heat, and it is ready to serve. The younger the chicken the more jelly you have.

BARLEY GRUEL.

Ingredients:

- 1 tablespoon barley flour.
- 2 tablespoons cold milk or water.
- 1 cup hot milk or water.
- $\frac{1}{4}$ teaspoon salt.

Method:

Mix the barley flour with cold water, add to the hot liquid gradually, and cook directly over the flame 5 min. Then cook in the double boiler for 1 hour. Strain.

OATMEAL GRUEL OR ANY CEREAL.

Ingredients:

- $1\frac{1}{2}$ tablespoon oatmeal.
- $\frac{1}{8}$ teaspoon salt.
- 1 cup water or milk.

Method:

Have the water boiling; add salt. Stir the oatmeal into the water and cook in a double boiler from 1 to 2 hours. Strain.

BARLEY WATER.

Ingredients:

2 tablespoons pearl barley.

1 qt. cold water.

salt to taste.

Method:

Wash and soak barley in cold water 4 hours. Cook in same water in which it has been soaked, until soft, either in a double boiler or over flame. The quantity should be reduced to one-half. If reduced more, make it up with boiled water.

Canning and Preserving.

CANNING AND PRESERVING

CARE OF JARS AND GLASSES.

Preparation :

Wash all parts thoroughly. Place the glass portions in soft water either cold or lukewarm and heat to the boiling point. Remove from this only when ready for use. Dip rubber rings in boiling water immediately before adjusting. New rings should be provided each year.

Filling and covering:

Fill jars and glasses while very hot, setting them for that purpose on a warm surface, such as a warm plate or a cloth wrung from hot water.

In filling glasses pour the material in until it reaches the rim which holds the cover. For the jars, fill to the point of overflowing; remove air bubbles by running the blades of a silver knife down to the bottom of the jars on all sides. Re-fill the jar with boiling hot material. Put the rubber ring in position and slide the cover on in such a way as to exclude as much air as possible.

SWEET PICKLED PEARS.

Ingredients:

2 cups sugar.	$\frac{1}{4}$ cup whole spices.
1 cup vinegar.	pears.

Method:

Boil the first three ingredients together for 10 min. Pare the fruit, removing with the point of a knife the blossom end and retaining the stems. Cook the fruit in the syrup until tender. Pack it in jars and pour syrup over it. This can be kept in stone jars.

Spices: Mace, allspice, cloves, and cinnamon sticks.

CHOW-CHOW.**Ingredients:**

40 large cucumbers. 18 medium sized onions.
20 gherkins. 1 qt. small onions.

Method:

Pare onions and wash other vegetables. Cut large vegetables in pieces. Cover for 24 hours with brine strong enough to float an egg. Drain and cover for 12 hours with equal parts of vinegar and water. Drain and pour over on two mornings the following mixture, boiling hot:

$\frac{1}{2}$ lb. white mustard.	5 qts. vinegar.
1 oz. tumeric.	$2\frac{1}{2}$ lbs. brown sugar.
1 oz. celery seed.	

On third morning add to the boiling mixture and boil 10 or 15 min.:

$\frac{1}{2}$ lb. ground mustard.	} mixed with cold vinegar.
1 cup flour.	
1 pt. olive oil.	

Cool and pour over pickles.

CHILI SAUCE.

Ingredients:

- | | |
|---|-------------------------------------|
| 12 tomatoes. | 2 cups vinegar. |
| 1 red pepper. | $\frac{1}{2}$ cup sugar. |
| 1 onion. | $1\frac{1}{2}$ tablespoonfuls salt. |
| 2 teaspoonfuls each cinnamon, nutmeg, and allspice. | |

Method:

Pare and cut tomatoes in thin pieces. Peel onion and chop it with the red pepper until very fine. Put all the ingredients together in a sauce pan and cook until vegetables are soft and the mixture is thick, stirring frequently. Pour the mixture in hot bottles, cork and seal. Cover corks with paper. Invert bottle in liquid sealing wax, then turn constantly until wax sets.

PICOLILLI.

Ingredients:

- | | |
|---|----------------|
| 1 pk. green tomatoes. | 2 red peppers. |
| 12 medium sized onions. | |
| 2 oz. white mustard seed. | |
| 4 tablespoons salt. | |
| 1 lb. sugar. | |
| 2 tablespoons each pepper and cinnamon. | |
| 1 tablespoon each allspice and cloves. | |
| 2 qts. vinegar. | |

Method:

Wash vegetables and chop together until fine. Add other ingredients and boil until vegetables are very soft and mixture is slightly thick, stirring constantly. Pour in hot bottles and cover like chili sauce.

SPICED GRAPES.

Ingredients:

6 lbs. grapes. $\frac{1}{4}$ cup mixed ground spices.
3 lbs. sugar. $1\frac{1}{2}$ cup vinegar.

Method:

Wash the grapes, pick them from the stem. Separate pulp from skin, preserving the skins for use later. Boil pulp until seeds are loosened. Pass them through a sieve or fine collander to remove the seeds. Mix the pulp, skins, and other ingredients and cook until of the consistency of jam.

Pour into hot jelly glasses and pour melted paraffin over it. Tip in all directions so that the paraffin fastens itself to the sides of the glass and completely covers the mixture.

CHIPPED PEARS.

Ingredients:

8 lbs. pears. 6 lbs. sugar.
4 lemons. 1 cup boiling water.
 $\frac{1}{4}$ lb. ginger root.

Method:

Wash pears, lemons, ginger root, and cut all in thin, small pieces. Mix with the other ingredients and cook until pears are soft. Pour into glasses and cover like spiced grapes.

DAMSON JAM.

Ingredients:

$\frac{3}{4}$ lb. sugar. 1 lb. plums.

Method :

Wash plums, stone and weigh them. Allow $\frac{3}{4}$ lb. sugar to every lb. of plums. Place them with the sugar in alternate layers in a sauce pan. Allow them to stand until some of the juice has been extracted, or add a very small quantity to just moisten the bottom of the pan. Heat gradually to the boiling point and boil gently with frequent stirring until the fruit loses its shape and the juice is of the consistency of molasses. Pour the mixture into hot jelly glasses and cover when thoroughly cold.

Damson jam is sometimes made leaving the seeds in, but in a small quantity they may be taken out easily.

GRAPE JELLY.

Wash the grapes. Pick them from the stems. Put them in a sauce pan with enough water to cover the bottom of the pan. Allow them to cook slowly until fruit is very soft and juice is extracted. Pour into jelly bag and allow juice to drip from fruit. Measure juice and allow equal volume of sugar. Place this in a moderate oven to heat.

Return juice to the fire and cook until when dropped from a spoon it forms a thickened drop. Add the sugar, stirring until dissolved, and continue boiling until a heavy drop forms on the spoon and falls on solid piece. Pour jelly into hot glasses and cover as directed for spiced grapes.

CANNED PEACHES.

Cut the peaches in half, remove the stones, and pare them. Use a silver knife if possible. The edges are smoother than if a steel knife is used. Make a syrup in the proportion of 2 cups water to 1 cup sugar and boil 10 min. Cook the fruit in this gently until it is soft. Remove the fruit, pack it closely in hot jars, and pour over this the boiling syrup.

Use knitting needles for testing the fruit; the tines of a fork are apt to break the peaches.

CANNED PLUMS.

Wash the plums. Pack them in hot jars. Pour over them a syrup made by boiling together for 10 min. 1 cup water to 1 cup sugar. Lay cover on jars loosely; put them in a moderate oven until plums are soft, from 20 to 30 min. Remove jars from oven and with a silver knife remove the air bubbles from the jar. Refill to overflowing with plums which have been cooked for the purpose.

Cooking in oven may always be employed wherever fruit is cooked in jars.

CANNED QUINCES.

Wash, quarter, pare, and core the quinces. Cook them in boiling water until they are partially soft. Remove the fruit and with the water make a syrup with sugar in the proportion of one to one and boil 10 min. Put the quinces in this and complete the cooking until very soft. Fill the cans as for canned peaches.

Candies.

CANDIES.

CANDIED GRAPEFRUIT.

Select choice fruit. The peel is best in the best fruit. Remove the peel in quarter sections and cut into strips $\frac{1}{2}$ inch wide. Weigh the peel and take its weight in sugar. Cover the peel with cold water and let stand over night.

In the morning let simmer until the peel is very, very tender; it will take 5 or 6 hours. The cooking must be very slow. The dish should be large enough that the peel may not be broken during cooking. Set the kettle aside over night. Drain off the liquid; if needed, add water to make the weight half that of sugar. Cook sugar and water to a syrup; add the peel and let simmer very slowly until syrup is thick and peel comparatively clear. When partly cooled, pick out the pieces of peel, roll them in granulated sugar and set on waxed paper to dry. Store in tin receptacles.

CANDIED ORANGE PEEL.

Select large, thick skinned oranges. Remove the skin in quarter sections. Cook in large quantity of water with the cover off, changing the water three times, until the peel is very

tender. Drain. Make a syrup of $\frac{1}{2}$ cup sugar and $\frac{1}{4}$ cup water. When dissolved, drop in the orange peel and cook slowly until syrup is nearly evaporated. Pick out the pieces of peel, roll in granulated sugar, and dry on waxed paper.

CANDIED MINT LEAVES.

Large, fresh mint leaves; $\frac{1}{2}$ cup sugar; $\frac{1}{4}$ cup water. Wipe mint leaves dry. Cook sugar and water till it threads. Remove from fire. Place a leaf on a fork and dip in syrup till covered. Then remove and sprinkle thickly with granulated sugar. Prepare if possible the day before they are to be served.

ICE CREAM CANDY.

Ingredients:

- 2 cups granulated sugar.
- $\frac{1}{3}$ cup boiling water.
- $\frac{1}{3}$ teaspoon cream tartar.
- 1 tablespoon butter.

Method:

Put the sugar and water into a sauce pan and when the sugar begins to boil, add cream of tartar dissolved in a little boiling water. Boil 10 min. Try by dropping some in cold water. If it is hard when you strike the cup, add butter and remove from fire. Pour on a well-buttered platter. When cool, pull. Flavor while working.

PANOUCHI.

Ingredients:

- 1 cup milk.
- 1 tablespoon butter.
- 1 teaspoon vanilla.
- 3 cups light brown sugar.
- $\frac{3}{4}$ cup chopped nuts.

Method:

Heat the butter and milk to 212° F. Add sugar and cook to the soft ball stage. Remove from the fire and cool without jarring. Add nuts and vanilla and beat until creamy. Pour on a buttered plate and mark in $\frac{3}{4}$ inch squares before it is cold.

ENGLISH TOFFEE.

Ingredients:

- 2 cups brown sugar.
- 4 tablespoons weak vinegar.
- $\frac{1}{4}$ cup butter.
- 1 cup nuts.

Method:

Heat the butter, sugar, and vinegar over a moderate heat. Cook to the snap stage. Pour over the nuts placed in a well buttered pan. Mark in squares.

MOLASSES CANDY.

Ingredients:

- 2 cups molasses.
- 1 cup sugar.
- 2 tablespoons butter.
- 1 teaspoon vinegar.
- $\frac{1}{2}$ teaspoon soda.

Method:

Cook molasses, sugar, butter, and vinegar to the snap stage. Stir in the soda and pour on a buttered plate. When cool, pull until a light yellow. Draw out in sticks and cut in 1 inch pieces.

PEANUT BRITTLE.**Ingredients:**

2 cups sugar.	1 cup chopped nuts.
$\frac{1}{2}$ teaspoon soda.	

Method:

Melt the sugar over a gentle heat. Begin to stir when sugar begins to bubble at the edges, then stir constantly until melted. Let the last few lumps disappear with the pan held high above the flame. The liquid should be amber colored. Add the soda and when thoroughly mixed, add the nuts. Pour on a moistened bread board; when slightly cool, turn the edges up into the center and roll $\frac{3}{4}$ inch thick; cut in squares.

English walnuts or puffed rice used instead of peanuts makes a delicious brittle.

CARAMEL FUDGE.**Ingredients:**

2 cups sugar.	$\frac{1}{2}$ cup sugar caramelized.
1 cup milk.	2 tablespoons butter.

Method:

Bring sugar and milk to boiling point. Add caramelized sugar and cook to the soft ball stage.

Add butter just before removing from fire. Cool undisturbed, beat vigorously until the mixture loses its glossy appearance. Pour at once into a buttered pan. Mark in squares.

CHOCOLATE FUDGE.

Ingredients:

- 2 tablespoons butter.
- 2 squares chocolate (bitter).
- 2 cups sugar.
- 10 tablespoons milk.

Method:

Melt the butter in a sauce pan. Add chocolate; when melted, add sugar and milk. Cook to the soft ball stage. Remove from the fire and cool undisturbed. Beat vigorously until it loses its glossy appearance. Pour quickly into a buttered pan. Mark in squares.

FONDANT.

Ingredients:

- 2 cups granulated sugar.
- $\frac{2}{3}$ cup water.
- $\frac{1}{8}$ teaspoon cream tartar.

Method:

Have all the utensils and ingredients ready before starting the cooking of candy. Wind the end of a fork with a cheese cloth. Butter a plate slightly. Have a bowl of clean water at hand. Put the ingredients into a sauce pan and cook over a slow fire, stirring until dissolved.

Boil without stirring. Remove with the padded fork dipped in water the sugar granules which form on the sides of the pan. Cook until it forms a hair when dropped from the spoon or makes a soft ball in cold water. Pour on a plate, holding pan close to the plate. Let it stand undisturbed until so cool that when a dent is made in the surface with the finger it retains that form. Work with a spoon until pasty; gather up into hands and knead until smooth. Wrap in oiled paper and put in closed jar if not used at once.

STUFFED DATES.

Wash the dates. Cut lengthwise into the stone. Then with a sharp knife remove the stone without breaking the date. Fill the space in the center with whole or chopped almonds, peanuts, English walnuts, or flavored fondant. Press the edges together after filling. Roll in powdered or granulated sugar.

WALNUT CREAMS.

Form a piece of fondant into a ball and then flatten it somewhat by pressing between two English walnut meats. Do not allow the fondant to extend only slightly beyond the edges of the meats.

CHERRY CREAMS.

Form a piece of fondant into a ball, flatten it, and press a candied cherry in center of top.

CHRISTMAS SWEETS, No. 1.

Chop together nuts and candied fruit. Mix a small quantity with an equal quantity of flavored fondant. Form into balls and roll in powdered sugar.

CHRISTMAS SWEETS, No. 2.

Work as many coarsely chopped nuts into fondant as possible. Form into a flat cake. Spread with melted bitter chocolate. Cut in squares.

CHOCOLATE CARAMELS.

Ingredients:

- 4 tablespoons butter.
- $\frac{1}{2}$ cup molasses.
- 4 squares chocolate.
- 1 teaspoon vanilla.
- 1 lb. brown sugar.

Method:

Boil all the ingredients together until they form a firm ball when put in cold water. Do not stir while cooking unless necessary to prevent burning. When done pour into a buttered pan. Cut in squares when firm but not hard.

BUTTER SCOTCH.

Ingredients:

- 1 cup sugar.
- $\frac{1}{4}$ cup molasses.
- 1 tablespoon vinegar.
- 2 tablespoons boiling water.
- $\frac{1}{2}$ cup butter.

Method:

Boil ingredients together until it becomes hard when dropped into cold water. Turn into a well buttered pan. When slightly cool, mark with a sharp-pointed knife in squares.

PEPPERMINT CREAMS.

Melt fondant over hot water. Flavor with a few drops of oil peppermint. Drop from tip of spoon on oiled paper.

Wintergreen drops are made in the same way, substituting wintergreen for oil of peppermint. Color with a few drops of vegetable coloring matter.

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